



Namaste! Welcome to AHWS's Summer 2012 Newsletter!

We have several exciting things that have happened and future upcoming events.

News and Events:

On May 8, 2012, AHWS was featured at the International Food Aid and Development Conference held in Kansas City, MO. AHWS Director, Divya L. Selvakumar, was invited to speak at the Interfaith panel on issues pertaining to food security and nutrition. The relationship of Hindu philosophy and food/nutrition was discussed. An overview of the future programs in Nigeria, Indonesia and Sri Lanka was also covered during the presentation. With a small, but active audience, AHWS met with several faith-based NGOs such as Bread for the World and the United Methodist Committee on Relief.

RESULTS, an organization committed to ending poverty invited AHWS to an Interfaith panel at its annual on July 21, 2012 in Washington, DC. In an informal discussion attended by approximately 30 individuals, AHWS made a presentation to professionals from the Christian and Jewish communities. An overview of AHWS's commitments and programs in nutrition and education was given, in addition to Hindu philosophical viewpoints on nutrition and education. Faith-based organizations that were featured were the Religious Action Center of Reform Judaism and the United Methodist Church.

Hindu American Seva Charities hosted their second annual conference on August 3-4, 2012 at the White House and Georgetown University. AHWS was invited to participate. As part of the Seva Initiatives, a project on child poverty and its relationship to malnutrition in immigrant and refugee communities was presented by AHWS. In the future, AHWS hopes to establish a base in the US with this project and engage in similar activities.

AHWS has now registered itself in the nations of Nigeria, Indonesia and Sri Lanka. We are eternally grateful to our partners in giving AHWS the opportunity to work with them and the surrounding communities on nutrition and education projects in the future.

Some facts on Nutrition and Hinduism:

- **Food, known as "Annam", is considered to be a sacred part of life, and must never be wasted, disrespected or**

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Upcoming Events:

**5th Annual Integrative
Medicine Conference**

**Co-Sponsored by AHWS
and AAPNA (Association of
Ayurvedic Physicians of
North America)**

**Saturday and Sunday,
November 3 and 4, 2012**

**Twin Ponds Integrative
Health Center
628 Twin Ponds Road
Breinigsville, PA 18031
USA
(West Lehigh Valley)
www.twinpondscenter.com**

**Register Now Online or By
Phone**

**www.aapna.org
(484) 347-6110**

contact@aapna.org

insulted in any form; leftovers should be given to the homeless or poor.

- **The Bhagavad Gita recognizes that food prepared in a "sattvic" or pure manner will bring happiness, longevity, and better health; food that is too bitter, spicy, acidic, pungent, salty, or sour will bring unhappiness, sorrow, and disease.**

Project Spotlight - Sri Lanka:

Sri Lanka is considered to be among the most beautiful nations on the planet. It has been regarded as a coveted spot for tourism and has a rich cultural heritage dating back well over 2500 years. However, Sri Lanka went through a civil war of nearly 26 years resulting in the deaths of over 80,000 people and ending finally in 2009. In addition to the devastation from the 2004 Asian Tsunami, Sri Lanka has suffered considerable loss of life and internal displacement.

In 2011, AHWS partnered with a well-known NGO known as the Trincomalee District Development Association (TDDA). TDDA has worked with Tamils, Sinhalese and Muslims for nearly 30 years on various assignments. It has also been extensively involved in the repatriation and rehabilitation of victims from the tsunami disaster and the civil war.

Challenges

- Provision of books, pens, computers, and other educational materials
- Lack of funding to schools
- Little teamwork with principals of schools
- Low number of teachers from teacher transfer and high turnover rate
- Separate reading rooms needed

First Priority – Tuition Centers in Kangaveli and Seruwila

The Tamil village of Kangaveli and the Sinhalese village of Seruwila, both based in the Trincomalee District, were badly affected by the civil war and the tsunami disaster. Schoolchildren have had their education discontinued due to internal displacement and the lack of safety. The project to build two tuition centers in the villages of Seruwila and Kangaveli can help to address some of the challenges above. Permanent teachers are needed for the purpose of keeping consistency with the objectives of the academic program. As schoolchildren need to have additional instruction to pass the necessary exams. The tuition center would each contain a classroom, library and computer room for students to enhance their education.

The tuition centers would be built with the help of local laborers. Once completed, the tuition teachers and staff will be speaking Sinhalese, Tamil and English. The subjects that will be included as



Current Needs:

HIV Nutrition Program in Lagos, Nigeria - educating youths on the relationship between nutrition, health and disease

Construction of Hindu Boarding School in Jakarta, Indonesia

For more information, visit www.ahwsngo.org



part of the educational curriculum are Sinhalese or Tamil, English, mathematics, social sciences, history, geography and sciences (biology, chemistry and physics).

- Cost of two tuition centers - \$55,000 total (\$27,500 each)

Secondary Priorities – Midday Meals and Tuition Classes

The midday meals apply to the villages of Upporal and Seemanvali. The tuition classes apply to 8 villages throughout the Trincomalee district - Seruwila, Kangaveli, Patalipuram, Thiriyai, Vavathaya, Upporal, Seemanvali, and Eachiliampattu

In order to successfully learn lessons properly on a daily basis, children need to be given a nutritious meal during the lunch hours that will consists of proper portions of protein, carbohydrates, fruits and vegetables. A wholesome meal will boost the concentration and learning capabilities of children from a long-term perspective. Children cannot perform academically well on an empty stomach or when their bodies are not well-nourished.

Tuition classes need to be taught by qualified teachers in all the villages on the various subjects named above. As Sri Lanka has a very competitive educational system, students are expected to write very difficult exams that require intense training and long hours of concentration in every subject. Tuition classes are expected to run between the hours of 3-7pm Mondays-Fridays.

- Cost of Midday Meals for 120 students in the villages of Seemanvali and Upporal listed above for 6 months): \$4250
- Cost of Salaries for Tuition Teachers in all 8 villages (3-year period): \$432,000 To donate for either of these projects, please go click on the Donate Now button on the left-hand column. Thank you for your support!

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