

SD Nari Newsletter - Jun 2023

**Welcome!**

I am Jyoti Bisarya and on behalf of the board, here is our second newsletter for 2023. If you've missed our earlier newsletters, please check them out on our website at www.sdnari.org.

SD Nari believes that a continuously flowing river brings fresh enthusiasm, expertise and growth. Keeping in line with this best practice, we bring in a new executive team every two years. We are excited to announce that we have a new executive team for the term of 2023- 2025. Please welcome:

- Dr. Sandhya Ramanujam as our President
- Jyoti Bisarya as Vice President
- Anuradhs Atri as Secretary
- Sneha Bansal as Treasurer

We would like to extend a heartfelt thanks to Anu Kumar, our outgoing President, for her contributions and dedicated efforts towards our cause. We hope that with your support the new team will take SD Nari to even greater heights of women empowerment.

SD Nari Shakti Committee (Lead - Sneha Agarwal)

As some of you may recall, we were helping an international student from India who was attending a university in San Diego. Her father had lost his job and was unable to support her financially. With the help of SD Nari and its supporters, this young lady has been able to complete the academic year. She is heading back home for now. We are hopeful that when her family's finances improve, she will be able to return to complete her education. She remains grateful to all of you who stepped up to help her in her time of need.

On a separate note, we received a lot of positive feedback about our *Vision & Consciousness Workshop* in March. The attendees enjoyed both the exercises that helped them with introspection and the opportunity to share their insights in a safe space with like minded women. More to come.

Our hiking club is meeting on June 3rd. Please join us. See flyer below.



SD Nari
Women for Women

Tel- (619) 800-8554

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Contact Persons
Sarita Jain
(858)342-9094

Nari Shakti Hiking Club

**Join us for a fun hike!
Free Event!**

When:
June 3rd at 7:30AM

Where:
Black Mountain Ranch Park
14700 Carmel Valley Road
San Diego, CA 92129

Duration:
90 minutes

Parking:

- Enter the park.
- Parking is on both sides.
- Park on the left side because the trail starts on that side.

As always, if you know a woman in need, please email us at sdnariyan@gmail.com or call our hotline phone # (619) 800-8554.

SD Nari Seniors Committee (Lead - Asha Agarwal)

We had an educational and fun *Optimal Health with Ayurveda and Energy Balance* seminar last month with Dr. Parmela Sawhney. We learned about body types (Dosha), energy flow and preventive healthcare. For those of you who missed it, we have the recording at this YouTube [link](#). Check it out. Below are some pics from the event.





For more information about our seniors committee, please email us at sdnariyan@gmail.com.

SD Nari Youth Committee (Lead - Kavita Shah)

Congratulations to our high school graduates. Even though we will miss them, we are so excited as they head to some of the best colleges in the country. Good luck to Amitha, Rishitha, Riya and Tejaswin You will always be part of the SD Nari family.



During our team building events, we have been getting together and making cards for sick children in hospitals. We hope that our decorated cards with positive messages and drawings will uplift their spirits and bring them joy during challenging times.



We have updated our Youth Grant. We are now accepting applications from **any high school girl working on a project benefitting our local community**. Our deadline has also been moved to **June 30th, 2023**. Make sure to apply soon.



The poster features the SD Nari logo at the top left, which includes three stylized female figures and the text "SD Nari Women for Women". The main text is centered and reads: "SD NARI YOUTH COMMITTEE PRESENTS SD Nari Youth Grant 2023". Below this, it asks if the reader is a high school girl working on an innovative project that benefits girls and/or women in the local community. The application deadline is highlighted in a red box as "JUNE 30th, 2023". It offers a chance to win a \$500 grant and includes a QR code to apply. Contact information is provided at the bottom: "Contact sdnariyouth@gmail.com for more info".

Please spread the word about our committee to any interested high school girls. They can reach out to us by emailing us at sdnariyouth@gmail.com.

To learn more about SD Nari or to volunteer with us, please visit <http://sdnari.org/> and follow us on Facebook at <https://www.facebook.com/SDNari/>

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