

SD Nari Newsletter - Mar 2023

**Welcome!**

I am Jyoti Bisarya and on behalf of the board, here is our first newsletter for 2023. It's an understatement to say that the past couple of years were challenging. But in spite of it all, with your support, we were able to stay laser focused on helping women in need right here in San Diego. We're very excited about 2023 and look forward to once again engaging with you in person. Read on for a couple of exciting events we have lined up for this month. We hope to see you there.

SD Nari Shakti Committee (Lead - Sneh Agarwal)

Often when people hear about women in unhealthy situations, they ask, "Why doesn't she just leave?" The answer is not simple. Sometimes it starts with the internal conflict women face within themselves. Every now and then we get calls from women in distress on our hotline who initially ask us to help but then change their mind. Irrespective of our situations, it is so important for us to be able to realize our inner wisdom and manifest what we want in life. We have an exciting workshop coming up on March 25th to help us with this. See details below.



SD Nari
Women for Women

SD NARI SHAKTI
invites all women to the

VISION & CONSCIOUSNESS Workshop

This powerful workshop is designed to:

- Release negative emotions that block your joy & creativity
- Change emotional and mental patterns
- Realize your inner wisdom & manifest what you want in life
- Work with your mind, body, and spirit to transform your life

Register Here
By March 20

Date: March 25th
Venue: Scripps Ranch
Community Civic Center
11885 Cypress Canyon Rd
San Diego 92131

Time: 10.30am - 2.30pm
Workshop Fee: \$20
Lunch sponsored by
Naturally Desi

Workshop conducted by Dr. Sandhya Ramanujam D.D.S, MA Psych, C
She is a Dentist with a Master's in Psychology, a Certified Clinical Hypnotherapist, NLP Coach and a Metaphysical Practitioner. She is passionate about empowering people to unleash their inner potential.
For workshop details, call 858-757-3503

All proceeds go to SD Nari towards helping women

Please register [here](#) ASAP. We have limited spots. 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)

After a successful holiday party in December, we are ready for our next celebration which will be for Holi. We have an exciting event planned on March 8th that will include a delicious buffet lunch, games and a health talk on heart attack and stroke. Dr. Singh will be educating us on how symptoms of heart attack and stroke differ in women vs men. Both men and women are invited to this event. See details below.



SDNARI SENIOR COMMITTEE

Invites All Seniors (Men and Women) to

"Holi Milan" Luncheon
@ CURRY CRAFT NORDAHL
 763 Center Drive #101, San Marcos, CA 92069

ON WEDNESDAY, MARCH 8TH, 2023 @ 12:30 PM SHARP
(Cost: \$18 PP by Cash/Check only to one of us)



We will also have Dr. Anirudh Singh present a short talk on
"How to Prevent Strokes and Heart Attacks"
 and some fun games

Limited seating, RSVP **"YES"** by **March 6, 2023** to save your seat
 Please pay by **Check or Cash** to volunteers

RSVP: Asha A. 619-992-3210
 Asha K. 858-774-0335
 Bhavana S. 281-638-4722
 Krishna P. 858-776-9487
 Seema G. 858-205-9728
 Urmil A. 312-315-1759

SD Nari Youth Committee (Lead - Kavita Shah)

We have been very busy for the past few months. We celebrated the holidays with a team bonding event where we indulged in good food and games, including white elephant and enjoyed meeting many of our new members for the first time. We then started the new year off with a bake sale where we raised hundreds of dollars for SD Nari by selling cookies, brownies and cakes, Check out the pics below.



The applications for our annual youth grant are now open! Make sure to apply by May 20th, 2023 for a chance to win \$500.



SD Nari
Women for Women

SD NARI YOUTH COMMITTEE PRESENTS

SD Nari Youth Grant 2023

Are you a **high school girl** working on an innovative, interesting project that **benefits girls and/or women** in our local community?

APPLY BY: MAY 20TH, 2023
FOR A CHANCE
TO WIN A \$500 GRANT

SCAN THE QR
CODE TO APPLY!

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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