

## SD Nari Newsletter - Sep 2023

**Welcome!**

I am Jyoti Bisarya and on behalf of the board, here is our third newsletter for 2023. We hope everyone had a restful and relaxing summer.

Our new board has enjoyed engaging with you at our events and virtually through social media. If you are on Facebook, please follow us on <https://www.facebook.com/SDNari/>. You also have the option to join our growing **SD Nari Supporters WhatsApp group** by sending us an email at [sdnariyan@gmail.com](mailto:sdnariyan@gmail.com) and providing your phone number.

We are a volunteer led organization with the mission to help Indian women in need right here in San Diego. Most of the women we help are survivors of domestic violence but over the years people have reached out to us for other challenges such as mental health, sudden loss of a family member and so much more. Please think of us as your extended family right here in San Diego so if you or anyone you know is in need, please contact us. Our email is [sdnariyan@gmail.com](mailto:sdnariyan@gmail.com) and our hotline phone # **(619) 800-8554**.

**Upcoming Events and Workshops**



In Partnership with [www.finaljourneyseminars.com](http://www.finaljourneyseminars.com)

"One of the finest examples of our local Indian community working together to provide an extremely valuable service for all of us."

**YOU ARE INVITED!**

# Final Journey Seminar

A free seminar for the Hindu community about end-of-life medical choices, religious services, cremation, legal issues, and financial planning



**FREE BOOK TO THE FIRST 50 REGISTRANTS**



Preparation for the final journey is one area where we, as a community are woefully unprepared... We at Vishwa Hindu Parishad of America are happy that you have taken initiative in this matter. I was quite impressed."  
- Gaurang G. Vaishnav, Executive VP, VHPA

The beauty of each seminar is that you can get all the information in one place, in a few short hours. The seminar features a volunteer team of local Hindu clergy, financial advisors, estate attorneys, hospice directors, and mortuary executives to answer your essential questions such as:

- ❓ What to do and whom to call if your loved one passes away?
- ❓ How do you know if your estate plan was prepared properly?
- ❓ Are your assets invested wisely and are they safe?
- ❓ What are your options for a family member who becomes terminally ill?

The Final Journey Seminar is not just for the elderly & retired. Whatever your age, the sooner you have answers to these questions and plans in place, the more secure and prepared you and your family will be. This free seminar is solely for disseminating information. The speakers are volunteering their time and experience. A light vegetarian dinner will be provided at 6pm.

**Seats fill up fast at this free seminar. Contact us today to reserve yours.**

**Speakers**

- Clergy Dharmasetu das
- Funeral Home Representative Greg Morones
- Hospice Representative Dr. Ben Janzen
- Attorney on Trust & Wills
- LJFSO Cremation Planning Representative Dhiru Tantod
- Financial Advisor Sandeep Varma

**Attend In-Person or on ZOOM**  
RSVP by October 15th.

- 📅 **Wednesday, October 18th**
- 🕒 **6:00 PM - 8:00 PM**
- 📍 **5435 Oberlin Dr. Ste. 200, San Diego, CA 92121**

**Register to attend in-person:**

Call: 858-643-5757

Or email us at [info@atsfinancial.com](mailto:info@atsfinancial.com)  
For more information [www.finaljourneyseminars.com](http://www.finaljourneyseminars.com)



**Register to attend on ZOOM**

Visit [www.zoom.us](http://www.zoom.us)  
Meeting ID: 821 4371 9707

Or scan the QR Code for direct registration.



**SD Nari**  
Women for Women

**Tel- (619) 800-8554**

sdnariyan@gmail.com  
www.sdnari.org  
10755 Scripps Poway Pkwy,  
#209 San Diego, CA 92131

**EVENT DETAILS**

**Date: Oct. 21st, 2023**  
**Time: 1 pm to 4 pm**  
**Venue: Carmel Valley Library**  
**3919 Townsgate Dr,**  
**San Diego, CA 92130**  
**RSVP: Free but required**  
**<https://forms.gle/vGnGZexCdXKgujgr5>**

**Contact Person**

**Harini Narasimhan**  
**(858) 349- 5256**

**Panel of Speakers**  
**Dr. Nadia Sarwar**  
**Dr. Bharathi Thridandam**  
**Dr. Divya Khakaiya**

**SD Nari Presents**  
**"Balancing Minds & Inspiring lives."**



**Come learn about how to deal with the stressors of daily life from a panel of professionals.**  
**Being healthy not a fad - it is a lifestyle.**  
**Join us to learn how to deal with depression, anxiety, college application pressures, family dynamics and more!**  
**This is the first part of a series on mental health to help our members learn and understand how to support a loved one during stressful situations.**

### **SD Nari Shakti Committee (Lead - Sneh Agarwal)**

We often get asked why in this day and age do women stay in abusive relationships. The answer is not simple especially given how complicated the legal system is. Many women do not understand what their rights are and fear that getting involved in legal proceedings will jeopardize their immigration status or their ability to parent their children.

To help educate us on this topic, we had a seminar with **Indu Srivastav** who is a Family Law Specialist certified by the California Board of Legal Specialization on Sep 9. Not only did she educate us on the legal processes but patiently answered questions pertaining to the specific situations of some of the attendees. If you missed the session and would like to view a recording, please contact us.

The session was such a success that we have decided to make it a recurring event. We

will regularly host virtual sessions with Ms. Srivastav where attendees can discuss their questions with her in a common forum or in private breakout rooms.



Shout out to Neelam Gupta and Sapna Narendra for leading our Clothing Sale Fundraisers in August. Great job ladies! Thank you to this community for your generous donations of gently used clothes and all the volunteers who helped with collections, sorting and selling of the clothes.



**SD Nari Seniors Committee (Lead - Asha Agarwal)**

We are so proud of the fact that Santosh Nichani who is one of our own committee members is a Torrey Pines Docent. She led a Torrey Pines Nature Walk and Talk for our Seniors on Sep 22. It was both educational and entertaining.



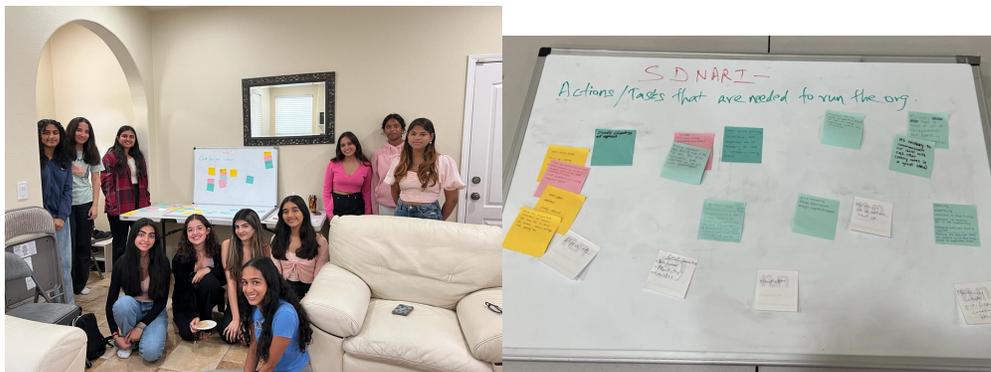
For more information about our seniors committee, please email us at [sdnariyan@gmail.com](mailto:sdnariyan@gmail.com).

### **SD Nari Youth Committee (Lead - Kavita Shah)**

Over the summer, SD Nari Shakti held multiple events to sell new/gently used Indian clothes collected from our supporters. The Youth Committee showed up in full force to support this fundraiser. We had a wonderful time. Not only did we help raise funds but also practiced our communication and marketing skills as we engaged with buyers.



A few weeks ago the Youth Committee met for a lively workshop to brainstorm ideas for the new school year. We established goals, mapped out events and thought of different ways to support SD Nari's mission.



We are in the process of reviewing the scholarship applications for our 2023 SD Nari Youth Grant. We will be holding interviews and announcing the winner in the next few weeks so stay tuned. Last but not least, we would like to welcome to Niharika, Simi and Aditi to the Youth Committee. So excited to have you join our sisterhood. Woohoo!

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](mailto: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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