



I am Jyoti Bisarya and on behalf of the board, I want to start by wishing you all a very happy and safe holiday season. We hope that this was a wonderful year for you and next year is even better.

As 2023 draws to a close, we are reflecting on all that we accomplished. We received a total of 21 calls this year and were able to help 17 of them in various ways. Domestic violence, mental health challenges, senior care and sudden loss of a spouse are just some of the issues in our community. Getting legal assistance is daunting so that was an area that we received a lot of requests in. For so many women with no family close by, SD Nari becomes their extended family. A big part of what we do is to lend support and encouragement to help rebuild the self-confidence that women lose while being trapped in challenging situations. In addition to guidance, financial support, and legal assistance, what so many of our women in need are looking for is empathy and understanding.

We would not be able to do all this good work without the support of this generous community. Our sincere thanks to all of you who have contributed to our mission with your money, time, and engagement. Last but not least, thank you to all the women who have had the courage to reach out to us for help. Each and every one of you is an inspiration. Eleanor Roosevelt once said, . “A woman is like a tea bag – you can’t tell how strong she is until you put her in hot water.” We at SD Nari are grateful to be able to witness this with each one of you. Happy holidays!

SD Nari Shakti Committee (Lead - Sneh Agarwal)

In addition to actual field work, in recent months SD Nari conducted multiple workshops for women. In October we had a very well attended workshop at the Carmel Valley library where we invited mental health professionals to speak to us about stress management. The panel received multiple questions on the pressures our youth are facing due to social media. We also had a virtual workshop series focused on self empowerment by looking within to address our belief systems and the effects they have on our responses to situations.



Since our gently used Indian clothing sales have been such a success, we had a few more sales around the festival season.



As always, if you or anyone you know is in need, please contact us for help. Our email is sdnariyan@gmail.com and our hotline phone # (619) 800-8554.

SD Nari Seniors Committee (Lead - Asha Agarwal)

Over the past year our seniors have become a tight knit community welcoming to all. Early on we identified that loneliness is one of the biggest challenges for seniors so we have focused on combating this issue. Together we have attended educational seminars, gone on hikes, played games and enjoyed each other's companionship. We wrapped the year with music, good food and laughter at our annual holiday party.



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

SD Nari Youth Committee (Lead - Kavita Shah)

Congratulations to the 2023 SD Nari Youth Committee Grant winner, Hemadarshini Rajendran, a current senior at Del Norte High School! Her project, Be the Change, has reduced the burden of the need for essential items for young women around the world so they can focus on their education for a brighter future. Thank you Hemadarshini for the amazing impact you've made!



We have been busy volunteering at SD Nari Shakti's events to sell new/gently used Indian clothes collected from our supporters. We also had a successful Bake Sale on Dec 10th in Del Mar. Funds raised will be used to help with SD Nari's mission.



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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