



I am Jyoti Bisarya, and on behalf of the board, I extend our warmest wishes for a joyful and prosperous 2025. We deeply appreciate your continued support as we move forward together.

1. New Board Members

We are excited to welcome [Krishna Jagannathan](#) and [Sapna Narendra](#) to our board. Both have been dedicated members of Nari Shakti, and we're confident that their passion and expertise will help drive our mission forward.

2. Moksha Initiative

In response to your feedback, we are proud to formally launch [Moksha](#), an initiative aimed at supporting those who have recently lost a loved one and are attempting to cope with the effects of that loss.. Our committee is here to provide compassionate guidance through this difficult time. You can read more about Moksha and its services below.

3. Educational Seminar

Join us on [April 12, 2025](#), for a seminar focused on the challenges Indian immigrant parents face while raising children in the U.S. We look forward to welcoming you and your family to this meaningful discussion.



A Bridge Across Two Nations



How can 1st generation South Asian parents and their USA born-and-raised children bridge the cultural gap?

Presented by: Krishna Jagannathan

SD Nari Board member, multisubject educator, amateur historian, blogger and almost 2nd gen Indian -American

Saturday, April 12, 2025

11 AM - 1 PM

Pacific Highlands Ranch Library
12911 Pacific Place, San Diego CA 92130

Questions?

Contact SD Nari @
sdnariyan@gmail.com




ADMISSION IS FREE
Refreshments provided



SD Nari Shakti Committee (Lead - Sneh Agarwal)

When women come together, incredible things happen. Over the years, many of you have stepped forward to support us, and on **International Women's Day**, we invite you to celebrate our collective strength.

Join us on **March 22, 2025**, for this SD Nari sponsored motivational event. Limited space so please register soon at <https://forms.gle/nysH22jHjcDuPZQe9>

**INTERNATIONAL
WOMEN'S DAY**
2025 THEME : ACCELERATE ACTION

"YOU ARE THE FOCUS"
VISUALIZE AND MANIFEST YOUR REALITY : BUILD RESILIENCE

IMMERSE YOURSELF IN AN INTERACTIVE SESSION WITH
VERONICA SIMON AND SANDHYA RAMANUJAM

FOOD & FUN | VISUAL BOARD CREATION | RAFFLES AND SILENT AUCTION

SAT 11 AM - 3 PM | **22 MAR** | FREE ENTRY

VENUE : COMMUNITY ROOM, MIRA MESA LIBRARY
8405 NEW SALEM ST, SAN DIEGO, CA 92126
FOOD SPONSORED BY NATURALLY DESI

RSVP REQUIRED BY 19 MARCH


ABOUT THE EVENT

THE PROGRAM IS GOING TO BE AN INTERACTIVE ENGAGEMENT WHERE WE WILL ENCOURAGE EACH WOMAN TO PARTICIPATE, AS THE FOCUS WILL BE FOR EACH ONE OF YOU TO CONSIDER ONLY YOURSELVES WHILE WE ARE TOGETHER.

IT WILL BE A TIME TO BE SELFISH AND FOCUS ON YOUR DESIRES VERSUS THE DESIRES OF OTHERS.
BUILDING RESILIENCE: WOMEN WILL BE INSPIRED TO HOLD A FOCUSED SPACE FOR THEMSELVES AND GIVE THEMSELVES PERMISSION TO BE THE WOMEN THAT THEY DESIRE TO BE AND TO BECOME.

PS: PLEASE BRING A PHOTO OF YOURSELF WITHOUT ANYONE ELSE IN THE PICTURE!

GUEST ENGAGER - VERONICA SIMON



VERONICA SIMON IS AN INTERNATIONAL BEST SELLING AUTHOR, AN ENTREPRENEUR AND FOUNDER OF A 501C3 CERTIFIED NONPROFIT ORGANIZATION THAT HAS A POSITIVE IMPACT ON WOMEN TO INCLUDE HOMELESS, UNWED TEEN MOMS OVER THE YEARS. SHE IS ALSO A CORPORATE PROFESSIONAL WHERE THE BULK OF HER CAREER HAS BEEN IN IT. SHE IS A RADICAL LOVE CHANGE AGENT THAT BELIEVES LOVE IN ACTION IS THE ULTIMATE CALL OF DUTY! AND THE BRAND OWNER OF BE YOU BOO! WHICH IS HER CERTIFIED TRADEMARK BRAND AS SHE INSPIRES OTHERS TO BE THEMSELVES.

Our Domestic Violence Survivors

Many of you have shared how deeply you care about the individuals we serve, and we are so grateful for your generosity. Last month, we asked for your help to support a courageous young mother who, after years of enduring domestic violence, made the bold decision to move forward on her own with her child. Through SD Nari's guidance, she has taken incredible steps towards a new future—finding employment, working through her immigration issues, and gaining legal assistance. But despite all her hard work, the journey remains a difficult one, and she is still struggling to reach financial stability. Thanks to your donations, we were able to provide her with grocery gift cards to help her meet her basic needs during this challenging time.

Now, we are reaching out to you again—this time for another amazing woman in need. She had endured over a decade of violence in her marriage, and when her husband threatened to shoot her, one of her children bravely called the police. Her husband was incarcerated, but she still faces immense hardships. Despite holding advanced science degrees from India, she has been unable to find work, as she has never had the opportunity to build a career in the United States. One of her children has special needs, which complicates matters further.

SD Nari has already begun working with her but she is still struggling to make ends meet. She needs our help. Any donation, no matter how small, will go directly towards covering her short-term expenses as she works to rebuild her life. If you feel moved to support this brave mother and her family, please consider contributing through Zelle at sdnariyan@gmail.com. We are also looking for therapists for the family so if you can help or share recommendations for therapists, please email us.

Your support means the world to these women and children, who are fighting to create a better, safer future. Together, we can be the light in their darkest moments, providing not just financial help, but hope, and a path forward. If you or any woman you know needs help, please email us at sdnariyan@gmail.com or call our hotline at **(619) 800-8554**.

SD Nari Seniors Committee (Lead - Asha Agarwal)

We ended 2024 on a high note with our annual holiday party—an unforgettable celebration with

delicious food, lively music, and wonderful company. It was a memorable gathering of old and new friends.



We've also been hard at work gathering valuable resources for seniors. Check out our updated website for seniors' resources: [Senior Resources](#). Be sure to bookmark it, as we will continue to update it regularly.

SD Nari Youth Committee (Lead - Mariam Ahmed)

High schoolers—it's time to apply for the SD Nari Grant! This year, we've modified the application requirements.

The **SD Nari Visual Essay Contest** will focus on **Women's Safety and Well-being**, specifically in the context of college campuses. We encourage participants to undertake a service project and create a compelling visual essay on how their work fosters safer college environments for women. Submissions can be in the form of a PowerPoint presentation, a PDF written essay, or a video.

Visual Essay Video Contest

FINAL SUBMISSION DEADLINE:
MARCH 30, 2025

SCAN QR CODE FOR GUIDELINES:

Win up to
\$500!



[https://tinyurl.com/
kskpxmtb](https://tinyurl.com/kskpxmtb)

OPEN TO ALL 9-12TH GRADERS!



CONTACT:
@SDNARIYOUTH
SDNARIYOUTH@GMAIL.COM



As always, please spread the word about the Youth Committee to any interested high school girls. They can reach out by emailing us at sdnariyouth@gmail.com.

SD Nari Moksha Committee (Lead - Harini Narasimhan)

Dealing with bereavement can be emotionally overwhelming, and the practicalities can add to the stress. *Moksha* is here to provide guidance through every step of this challenging journey—from the moment of loss to living the “New Normal.” Learn more about how we can help at [Moksha Services](#).

Here's a testimonial from someone we've helped:

"I cannot find the right words to express my gratitude for your unwavering support during one of the most difficult times of my life. For 13 days, you guided me through the intricate process after the loss of my beloved husband. Your presence and kindness brought immense comfort, and I will never forget it. Thank you for being a God-sent gift."

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/>

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#).

This email was sent to <<Email Address>>
[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)
sdnari, non profit, woman's group · 10755 Scripps Poway Parkway · #209 · San Diego, California 92131 · USA

