



I am Jyoti Bisarya, and on behalf of the board, I want to extend a heartfelt thank you to all who joined us for our Basant Mela in April. It was truly uplifting to see our community come together to celebrate the arrival of Spring while supporting SD Nari's mission to assist women in need right here in our community.



The demand for our assistance is growing, and we are **currently supporting five women in need**. In addition to monetary support, we are **seeking volunteers with expertise in legal and mental health wellness**. If you can help, please reach out to us via Facebook at [SD Nari](#) or email us at sdnariyan@gmail.com. We also have a Supporters group on WhatsApp; if you'd like

to join, please email us your phone number. To make a monetary donation, please use PayPal at the link on www.sdnari.org or send a Zelle payment to sdnariyan@gmail.com.

I'd like to leave you with a quote from Mahatma Gandhi: "The simplest acts of kindness are by far more powerful than a thousand heads bowing in prayer."

SD Nari Shakti Committee (Lead - Sneh Agarwal)

Historically most of the women we have helped are survivors of domestic violence, however if required we do step in to be there for women in other challenging situations. Recently we helped a couple of young mothers in our community.

As many of you may recall, back in May, we supported a young mother facing a tough situation. After her husband tragically passed away, she and her three children found refuge in a bus. With her fourth child on the way, she reached out for assistance. Though she was scheduled to deliver her baby in the bus with the help of a midwife, she hoped we could provide temporary accommodation to make the experience more comfortable. Thanks to your generous monetary donations, home-cooked meals, and offers to provide essential supplies, we were able to arrange a cozy temporary home for the family. We are thrilled to announce that baby Kalyani was born healthy! The family has since relocated to the Bay Area and is thriving in an Ashram.

The young mother expressed her heartfelt gratitude, saying:

"Thank you, SD Nari, for all the miracles in our lives! I couldn't have gotten through this without your support and love. You made this time so beautiful for our newborn!"



A few months later, in mid-September, a caseworker from a hospital contacted us about an Indian mother who had welcomed her baby boy just a day earlier. We learned that she would have no place to go to after her hospital release so would be on the streets.

Local shelters were unable to accommodate her and her newborn, so SD Nari stepped in to arrange a temporary stay at a motel while we coordinated with social services for a permanent solution. We are incredibly grateful for the outpouring of support from this community. Once again, many of you volunteered to provide meals, transportation, and made monetary donations

for essential supplies like diapers and formula. We are pleased to share that we have successfully found shelter for both mother and child.

If you or anyone you know needs help, please email us anytime or call our hotline at [\(619\) 800-8554](tel:6198008554).

SD Nari Seniors Committee (Lead - Asha Agarwal)

We're excited to share that our community of seniors continues to expand. Through our regular social and educational events, we're not only getting to know one another but also forming a strong support network. In July we had a very informative seminar on "Eye Health When You Are Aging." Later in September, we came together for a vibrant Mexican Fiesta in the park, filled with laughter, delicious food, and great company. Here are some photos from these events.



Our next event is the end of year party. We have **limited spots so get your tickets early.**



sdnari.org sdnariyan@gmail.com

SD NARI SENIOR COMMITTEE
Invites All Seniors (men and women)
To Celebrate Our Very Own
4th Annual Friendship, Feast and Fun Gala



Venue: Sapphire Indian Cuisine
16785 Bernardo Center Drive, San Diego, CA 92128

Date: December 11th, 2024 (Wednesday)
Time: 5:00 PM to 9:00PM

Tickets: \$40 per person (\$35.00 before December 7th)

Contact Volunteers for more information:

Asha A. 619-992-3210	Urmil A. 312-315-1759	Seema G. 858-205-9728
Asha K. 858-774-0335	Krishna P. 858-776-9487	Harvant S. 847-791-8734
	Neela V. 760-792-7070	

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SD Nari Youth Committee (Lead - Mariam Ahmed)

We want to extend our deepest gratitude to Kavita Shah and Priya Sathpathy for their exceptional leadership of our Youth Committee. Their dedication to educating, empowering, and engaging our young women has made a lasting impact. While they will be stepping down from their roles as Youth Committee leaders due to personal commitments, we are thrilled that they will continue to be a part of the SD Nari family.

We are happy to announce that Mariam Ahmed will be the new leader of our Youth Committee. A talented poet and educator, Mariam holds a Bachelor's degree in English with a minor in Sociology and a Master of Fine Arts in Creative Writing. Her work as a certified Poet-Teacher with California Poets in the Schools has been widely recognized, and her poetry has been published in numerous literary journals and presses. Additionally, Mariam teaches English to Afghan refugee women and children. Outside of her writing and teaching, she enjoys meditating

and exploring California's beautiful beaches. **Welcome Mariam!**



The Youth Committee will be supporting SD Nari's "Gently Used Indian Clothing Sale" at the Festival of Lights in Balboa Park on Oct 19th from 4PM - 9PM. We are **looking for volunteers ages 14 and up**. For high schoolers, SD Nari will issue certificates for volunteer hours, so please contact us if you can help even if it is just for a couple of hours.

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. We are also looking for volunteers to help us with our 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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