



# NEWSLETTER



JUNE 2025

## Transforming Lives Together-Your Impact with IDRF!



### FOUNDER'S MESSAGE

Dear Friend,

Namaste! I hope this letter finds you well. At IDRF, we believe in the power of opportunity that transforms lives, strengthens communities, and paves the way for a brighter future. Your support, whether through advocacy, donations, or simply spreading the word, makes all the difference.



Through this newsletter, we invite you to witness the impact of our collective efforts and find inspiring stories of resilience, updates on our latest initiatives, and ways you can be part of this journey. Whether it's a young rural student gaining access to STEM education, an underprivileged community receiving treatment through our mobile medical clinics, or an adolescent girl able to attend school thanks to menstruation support, every success story is a testament to the change we can create together.

Thank you for being a part of this movement. Together, we are building a future where opportunity is not a privilege, but a right.

With gratitude,

Dr. Vinod Prakash



### SAVE THE DATE

Mark your calendars for our first fundraiser GALA, "Empower with IDRF", held at the **Marriott Rio Washingtonian, Gaithersburg, MD**, on **October 8, 2025**. Join us for a night of giving to champion skill-development and education for girls and women in India, Nepal, and Sri Lanka.

Thank you, Takoma Music School, located at the GRAMMY-winning Tonal Park studio, and "Laal-Taal", an Indian-Fusion local band, for sponsoring our entertainment for the evening. Our Emcee for the evening, **Allison Seymour**, an Emmy award-winning journalist and media industry veteran, has a childhood connection to India and is thrilled to be a part of our cause and mission.

We request your support and presence to celebrate our impact of almost thirty-six years and help us raise more awareness of initiatives that are transforming many lives.

Please email us at [admin@idrf.org](mailto:admin@idrf.org) to learn more about sponsorship and how you can join our movement.



India Development and Relief Fund

FIRST ANNUAL GALA

SAVE *the* DATE

*Empower with IDRF*

Join us for a night of giving to champion skill-development and education for girls and women

OCT **08** 2025

Cocktail Reception Starts at 6:00 PM

Marriott Washingtonian Center,  
Gaithersburg, MD

RSVP DETAILS COMING SOON

[IDRF.org](https://www.idrf.org)

Formal invitation to follow-stay tuned!



## BRINGING HEALTHCARE TO REMOTE COMMUNITIES IDRF's Lifesaving Support in Arunachal Pradesh & Assam

For over two decades, IDRF has played a crucial role in improving healthcare access in remote hilly villages by supporting **Vivekananda Kendra Arun Jyoti's Mobile Medical Clinics**. These clinics offer free medical camps, reaching approximately **43 villages and serving over 50,000 people** annually, ensuring that essential healthcare reaches those who need it most.

Under the **Mission Shakti** project, the medical team at Arun Jyoti has made remarkable strides in addressing anemia among women. Through regular testing, nutritional supplements, and dedicated counseling, **3,650 women have become anemia-free over the past three years**. This initiative stands as a testament to the sustained medical support and community-driven healthcare efforts supported by IDRF.



**MISSION SHAKTI** IDRF  
(Anemia Detection & Eradication Initiative)  
Vivekananda Kendra Arun Jyoti, Imphal, Manipal

**With just \$10 per woman, you can contribute to detecting, preventing, and ultimately eradicating anemia among impoverished rural women.**

**Your support can make a profound difference, ensuring that every woman can live a healthier future.**

**Donate Now**

vivo V25  
Jan 24, 2025 10:59





## YOUNG LEADERS IN COMMUNITY SERVICE

### MOTHER'S DAY FUNDRAISER: Empowering Women's Health In Remote Hilly Areas

On Mother's Day, **Aabha Sagare**, a dedicated high school student from Maryland, took a meaningful step towards addressing anemia in women living in the remote hilly villages of Arunachal Pradesh and Assam. Abha organized a fundraiser by collaborating with Shonali Nazare, a long-time supporter of IDRF, to host a craft workshop on Mother's Day. The event attracted 15 participants, each contributing to the cause through their creative engagement and generosity.

The proceeds from the workshop were donated to IDRF's partner, Vivekananda Kendra Arun Jyoti, which leads Mission Shakti: an initiative to detect and eradicate anemia among women in remote villages of Arunachal Pradesh and Assam. Through these efforts, Aabha not only raised vital funds but also spread awareness about the critical health challenges faced by women in underserved communities.



## BRIDGING THE EDUCATIONAL GAP

### Strengthening STEM Learning In Underserved Communities in Tamil Nadu

IDRF has played a pivotal role in establishing **STEM Tinker Labs** at the **Swami Vivekananda Rural Development Society Training Center** in Ulundai, fostering curiosity and innovation among young learners. Every Sunday morning, **80 middle school students from three villages** engage in hands-on computer and science-related activities, expanding their knowledge and skills in technology and scientific research.

This initiative has been made possible through the generous support of IDRF donor Gayathri Seenumani, whose contributions have helped sustain the program. Now in its second successful year, the project continues to inspire and empower students, providing them with invaluable learning opportunities that pave the way for a brighter future.

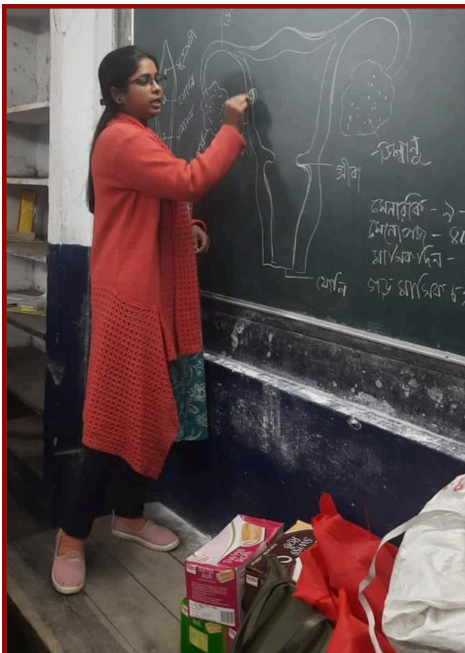




## BREAKING TABOOS, BUILDING CONFIDENCE

### Transforming Menstrual Health For Rural Schoolgirls in Kerala & West Bengal

IDRF and **Auroville Foundation, USA**, have made a profound impact on the lives of **1,515 schoolgirls** by providing essential **menstrual education and sustainable cloth-pad kits**. These initiatives not only empower young girls with knowledge about menstrual health but also promote environmentally friendly practices, reducing reliance on disposable products. By addressing both education and sustainability, we are helping to break societal taboos and create a healthier, more informed future for these students, fostering confidence and dignity in their daily lives.







## VOICES OF IMPACT

### Stories From The Communities You Support

Join us for our exciting **LinkedIn Live Series**, where we bring you powerful voices from the communities you support. Each month, we feature real stories, insights from grassroots leaders, and behind-the-scenes updates, giving you an authentic look at the impact you're making.

Don't worry if you missed the last session; you can catch up anytime with replays of past conversations.

**Click the links to watch past conversations here.**

#### From the Frontiers of Economic Change in India

**Guest Speaker: Shrikant Kher**  
Chairperson, Vatsalya Trust Mumbai



#### Born Into Poverty. Not Bound By It.

**Guest Speaker: Pankaj Singh Thakur**  
CEO, Head Held High Foundation

#### Igniting Scientific Curiosity in Rural India

**Guest Speaker: Gayathri Seenumani**  
IDRF supporter & Swami Vivekananda Rural  
Development Society's Hi-Ed Project Coordinator



#### Women Empowerment As A Catalyst For Economic Change

**Guest Speakers: Harsihwar Dayal & Aruna Dayal**  
Trustees & Governing Body Members  
Arpana Trust

***Every future shaped in this newsletter started with generosity like yours.  
Your support is building a world of dignity, health, and opportunity.***

***Let's make an impact today and always!***

**Donate Now**



[www.idrf.org](http://www.idrf.org)



1-855-INDIA-HELP



5821 Mossrock Drive, N. Bethesda, MD 20852