

CELEBRATING PROGRESS, EXPANDING OPPORTUNITY



Dear IDRF Friend,

As we celebrate **Women's History Month**, I am reminded of the extraordinary strength, resilience, and potential of women and girls across the communities we serve. At IDRF, empowering them has been at the heart of our mission for more than 35 years—and your generosity continues to make this work possible.

In this month's newsletter, you will read how your support is transforming lives: from advancing maternal and newborn health through Project *Vatsalya* in Maharashtra, to bringing vocational training directly to rural students in Madhya Pradesh, to strengthening women's sports infrastructure in Punjab, and helping families in Sri Lanka recover with dignity after Cyclone *Ditwah*. These stories reflect what we can achieve together when compassion meets opportunity.

Your continued support ensures that more women and girls have the tools, safety, and opportunities they need to thrive. I encourage you to strengthen our women-focused programs and to visit our YouTube channel, where we regularly share project updates and stories from the field.

Thank you for standing with us.

Warm regards,
Dr. Vinod Prakash
Founder & President, IDRF

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Channel

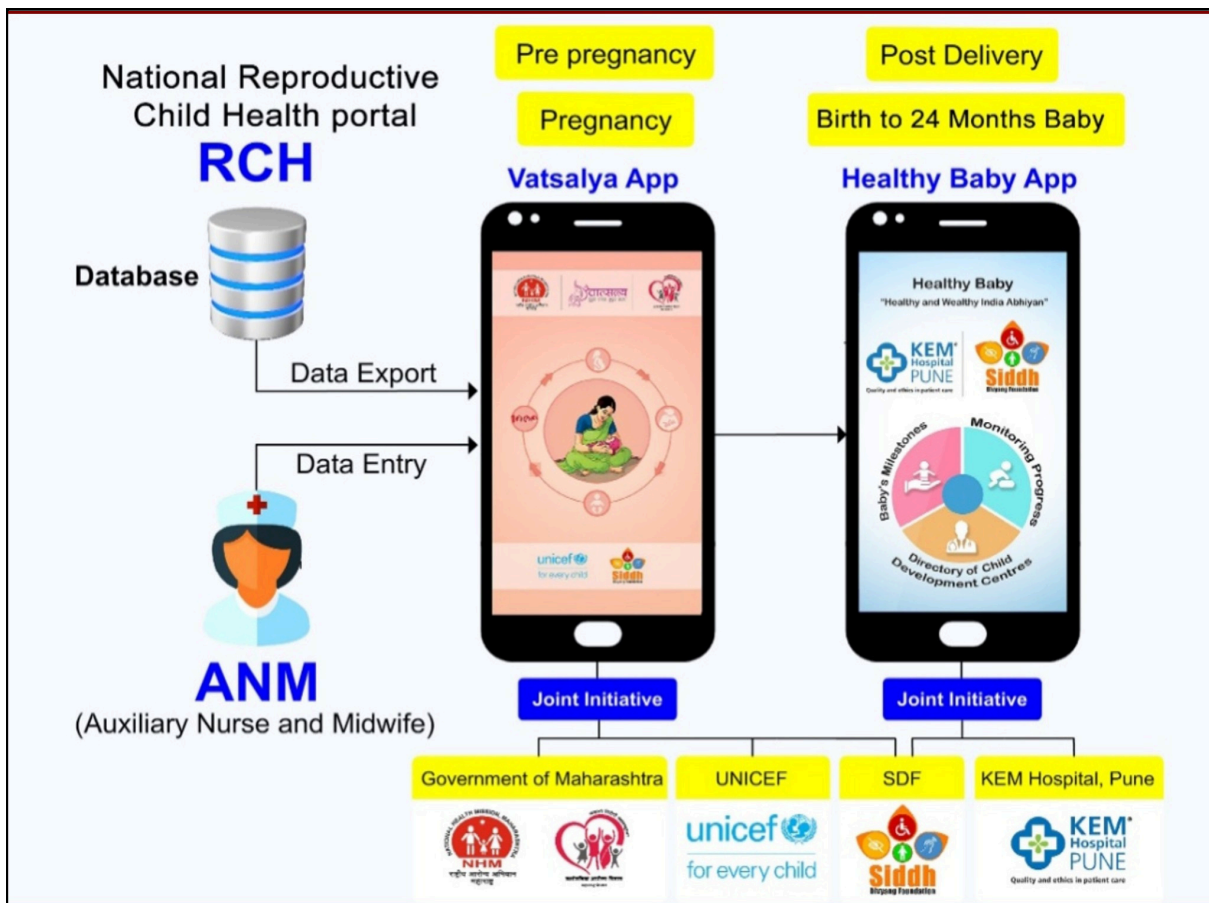
Scaling Smarter Maternal and Newborn Care with Technology

IDRF is proud to support **Project Vatsalya**, **Siddh Divyang Foundation's** pioneering effort to **improve maternal and newborn health** across **Maharashtra**. The initiative provides early identification, screening, treatment, and continuous monitoring from pre-pregnancy through childbirth, with a special focus on vulnerable women in cotton-farming regions. More than 45,000 women have already been registered, each monitored through 124 data points and 23 risk factors. Early insights reveal that 45% of women planning pregnancy within three months are not in good health, highlighting the urgency of preventive care.

The Vatsalya app is now live statewide, with 1,650+ health officials trained and cascading training underway. Women receive direct mobile engagement and localized health education, including interactive Q&A with medical professionals.

IDRF's partnership with SDF, launched in 2023, also strengthens the Healthy Baby initiative, which produces developmental milestone videos for children aged 12–24 months and links maternal health data with early childhood outcomes. This effort further equips parents and teachers with technology-enabled tools to identify perinatal developmental delays early.

“ We are building what may be the most comprehensive maternal health dataset managed by any NGO in India—data that can transform outcomes for mothers and children for years to come. ”
 — Uday Mehta, Founder, SDF



Honoring Margaret Sud: A Renewed Sports Wing Made Possible by IDRF & Donor Support

Hans Raj Mahila Maha Vidyalaya, Jalandhar, **Punjab**—an institution dedicated to women’s empowerment since 1927—has completed the much-needed renovation of its Sports Wing, now proudly named the **Margaret Sud Champions’ Nest**.

Thanks to IDRF’s generous donor support, the college was able to fully reconstruct the deteriorated 2006 temporary structure, which had been declared unsafe after severe storm damage. With a gift from **Inder Sud** in honor of his late wife Margaret Sud, the new 7,000 sq. ft. Sports Wing now features 12 residential rooms, a multipurpose hall, and upgraded washrooms—all built to modern safety and quality standards. This investment ensures that young women athletes have the secure, high-quality environment they deserve to train, live, and excel.



On the Ground With Our Partners

IDRF’s **Operations Manager, Vandana Matravadia**, traveled to India from February to March 2026, visiting four of IDRF’s partner NGOs: **Kanchan Foundation**, **Sewa Rural**, and **Vicharata Samuday Samarthan Manch** in Gujarat, which support health, livelihood, and community development programs, and **Samerth Trust** in Chhattisgarh, which leads water safety and conservation initiatives.

These project site visits offered an invaluable opportunity to observe how IDRF-supported grants are being implemented on the ground, including livelihood training for marginalized women and youth. Through conversations with field teams and direct engagement with community members, Vandana gained deeper insight into program operations, local challenges, and the tangible impact of donor-supported initiatives.



“ VISITING OUR PARTNER NGOS GAVE ME A CLEAR VIEW OF HOW IDRF’S GRANTS ARE BEING PUT TO WORK ON THE GROUND. THESE INTERACTIONS REAFFIRM THE IMPORTANCE OF ACCOUNTABILITY AND THE TRUST OUR DONORS PLACE IN US. ”

Skills on Wheels: Taking Opportunity to Every Classroom

Since 2023, IDRF has been supporting the **Vivekananda Institute of Technology’s mobile skill training center**, implemented in partnership with the **Nimar Abhyudaya Rural Management and Development Association (NARMADA)**. Through the innovative “Skills on Wheels” van, vocational training is brought directly to five government schools across the Khargone district, **Madhya Pradesh**.

Each year, more than 400 students receive hands-on instruction in plumbing, welding, electrical work, construction, and carpentry—skills that can translate into real livelihood opportunities. By delivering practical training to underserved schools, this initiative ensures that poor and rural students gain access to pathways that build confidence, self-reliance, and long-term economic stability. It is a simple yet powerful way to bring opportunity to the doorstep of every child, no matter how remote their classroom.



Swift, Targeted Aid for Communities Hit by Cyclone Ditwah

Cyclone Ditwah brought devastating flooding and landslides across **Sri Lanka** in November 2025, affecting 2.2 million people, damaging more than 100,000 homes, and displacing nearly 70,000 individuals. With communities facing acute food insecurity, unsafe shelter, and disrupted livelihoods, IDRF's targeted support enabled the Sri Lanka Centre for Development Facilitation (SLCDF) to deliver life-saving relief to 321 high-risk families in Kandy District—particularly women, children, and plantation communities.

Through this partnership, **1,268 individuals received dry rations and essential items**, including gas cookers and mattresses for the most affected households. IDRF's contribution ensured equitable package values, transparent beneficiary verification, and strong visibility through co-branded materials and government acknowledgments. Despite washed-out roads, power outages, and ongoing rains, the collaboration enabled timely, accountable relief delivery and laid the foundation for early recovery efforts such as livelihood restoration, WASH repairs, and psychosocial support—reinforcing a response rooted in equity, coordination, and strong community networks.



**THANK YOU FOR STANDING WITH US.
YOUR SUPPORT MAKES STORIES LIKE THESE POSSIBLE.
TOGETHER, WE CAN STRENGTHEN MORE COMMUNITIES WITH DIGNITY
AND OPPORTUNITY.**

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TOP ACCREDITATIONS & INDUSTRY RECOGNITION FOR IDRF



FOLLOW THE IMPACT. SHARE THE HOPE.



India Development and Relief Fund, Inc.
P.O. Box 83970 | Gaithersburg, MD - 20883, USA
Web: www.idrf.org | Tel: 1-855-INDIA-HELP | Email: admin@idrf.org