



HOPE, DIGNITY, AND OPPORTUNITY—MADE POSSIBLE BY YOU



Dear IDRF Friend,

Your generosity continues to bring hope, dignity, and opportunity to communities across India, Nepal and Sri Lanka. This month's stories reflect on the profound impact of your support—from a new school bus in Maharashtra giving vulnerable children safe access to education, to the Aarogya Sakhi initiative delivering trusted healthcare across remote villages, to Vaidehi Ashram in Telangana ensuring orphaned girls receive the education and stability they need to thrive.

Each milestone is a reminder of what we can achieve together. Thank you for believing in community-led progress and for helping build brighter, more self-reliant futures for thousands.

We also warmly invite you to invest a few hours in your own well-being and join us for an afternoon of learning, reflection, and transformation. More details about the event are included in this newsletter.

With heartfelt appreciation,

Dr. Vinod Prakash
Founder & President, IDRF

\$7.57 Million in Impact Across India, Nepal & Sri Lanka



As you watch this **short video**, we hope you feel the same gratitude and pride that we do. This past year, with your unwavering support, IDRF was able to donate **USD 7.57 million** in programs that uplift communities across India, Nepal, and Sri Lanka. Behind every number in this video are real people whose lives have been transformed: women gaining economic independence, children learning in modern classrooms, families accessing clean water, and communities rebuilding with resilience.

Thank you for making this impact possible. Your trust and generosity continue to light the way toward a more just, hopeful, and self-reliant future for thousands.

**Watch a video message
from Dr. Prakash**

A Joyful First Ride in the Newly Donated School Bus Eklavya Bal Shikshan Aarogya Nyasa, Maharashtra

Eklavya Bal Shikshan Aarogya Nyasa, a Pune-based organization serving underprivileged children since 2003, continues its mission to ensure every child's right to education, nutrition, safety, and joyful experiences. With a grant from IDRF, the organization has added a new school bus that is already expanding access and opportunity.

The children recently enjoyed their first ride to a nearby high school where many will soon enroll. The bus now enables field trips and safe daily transportation for children from remote villages.



As Eklavya Nyasa prepares to launch a vocational center offering life-skills training, this vehicle becomes more than a means of transport—it is a bridge connecting vulnerable children to learning, confidence, and a brighter future filled with possibility.

Aarogya Sakhi: A Trusted Friend for Every Woman's Health

Jnana Prabodhini, Maharashtra

Aarogya Sakhi is a grassroots preventive healthcare initiative reaching 50,000 people across 100+ remote villages near Pune. In these communities, women's health is often overlooked due to medical shortages, economic hardship, gendered barriers, and difficult terrain.

With IDRF's support, 13 trained local women now serve as trusted health companions, conducting awareness sessions, early-detection surveys, coordinating specialist visits, organizing health camps, ensuring access to essential medicines, and accompanying women to city hospitals when advanced care is needed. Volunteer doctors from Deenanath Mangeshkar Hospital further strengthen the program's reach and quality.

IDRF's support for honorariums, awareness activities, and essential health camps is enabling an affordable, community-driven approach that enhances women's health and strengthens long-term resilience across rural Maharashtra.



Investing in Girls' Education and Independence Vaidehi Seva Samithi, Telangana

Founded in 1993 in Hyderabad, Vaidehi Ashram provides a safe, nurturing home for destitute girls who have lost parental care. The Ashram offers stability, education, and emotional support through their most formative years, with a unique long-term model in which girls stay until they are fully settled—often after marriage and starting independent families. To date, 57 girls have married and are leading stable, fulfilling lives.

IDRF has supported Vaidehi Ashram since 2002. This year, with help from IDRF, 73 girls received quality education and holistic development support, including tuition fees, books, digital learning tools, remedial classes, and part-time tutors.

IDRF's grants also provided laptops, coaching, and academic materials—strengthening learning continuity and confidence. The girls continue to excel across school, college, and postgraduate levels, while also building communication and career-readiness skills.

Despite rising educational costs and limited digital and transportation access, donor support remains a powerful catalyst for opportunity and empowerment.



“

IDRF's contribution has helped ensure that the destitute girls at the Ashram continue to access quality education and essential learning opportunities.

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— Bharathi Mallampati, Board Member, Vaidehi Seva Samithi

**Thank you for being an essential part of this journey.
Your generosity fuels every milestone you've read today. With your
continued support, IDRF can reach even more communities and build a future
where every individual has the chance to thrive.**

Donate Now

REWIRE YOUR BRAIN – REWIRE YOUR REALITY
A Transformational Workshop

Hosted by: Dr. Monica Singhal & Dr. Sweta Adatia
Co-Hosted by: India Development and Relief Fund (IDRF)

We invite you to attend an enriching workshop with two distinguished experts who bring together neuroscience, spirituality, and hands-on techniques for personal transformation. Whether you're looking for clarity, motivation, or renewed purpose, you'll leave with practical insights you can put into practice immediately.

About the Speakers

- Dr. Monica Singhal, Founder of Hari Om Smiles, spiritual healer, and motivational speaker, featured at TEDx, the World Bank, and ISRO.
- Dr. Sweta Adatia, Neurologist, founder of Limitless Brain Lab, 13-time Gold Medalist, and TEDx speaker.

Event Details

- Date: Sunday, August 2 Time: 11:00 AM – 2:30 PM
- Location: 20271 Goldenrod Ln, Germantown, MD, USA

Registration link

<https://www.eventbrite.com/e/limitless-smiles-bridging-science-and-spirituality-tickets-1989180999918>

Lunch will be served.

USA TOUR 2026

LIMITLESS SMILES PRESENTS
WELLNESS ON WINGS
BRIDGING SCIENCE AND SPIRITUALITY

DR. MONICA SINGHAL
A Healer and Speaker at TEDx, World Bank, ISRO, Founder of Hari Om Smiles India

DR. SWETA ADATIA
Neurologist, Founder, Limitless Brain Lab, 13 Gold Medal and TEDx speaker

**REWIRE YOUR BRAIN
REWIRE YOUR REALITY**

Break Limiting Beliefs
Rewire Your Subconscious Mind
Create a Blueprint to Transform your Life
ENTRY : COMPLIMENTARY
LUNCH INCLUDED

DATE: SUNDAY AUGUST 2, 2026
TIME: 11AM TO 2PM

LOCATION: 20271 GOLDENROD LANE GERMANTOWN, MD 20876

Co-hosted by: www.idrf.org
FOR QUERIES, CONTACT SARIKA +1(240) 215-5151

www.drswetaadatia.com
www.hariomsmiles.org

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FOLLOW THE IMPACT. SHARE THE HOPE.



India Development and Relief Fund, Inc.

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