



JNANA PRABODHINI FOUNDATION

QUARTERLY NEWSLETTER
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We thank our friends for
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JPF Podcasts

Listen to inspiring stories
from our different projects!



From the President's Desk

Hello JPF family,

Since JPF was established, it has been an exciting journey so far. We celebrated JPF's third anniversary on Aug 9th, 2022. On this occasion, JPF volunteers convened to share their experiences and cherished their achievements.

In a short span of three years, JPF has formed a team of 200+ volunteers and raised over half a million dollars. I thank our selfless volunteers and generous donors without whose contributions JPF would not have come this far. I request you all to generously support JPF's mission during the upcoming *Giving Season*.

One key focus for JPF has been to connect people. In this quarter, we organized 37 community-building events with participation from over 200 people who met in Boston, Atlanta, New Jersey, Los Angeles, Frankfurt, and the San Francisco Bay Area. JPF is keen on building a vibrant, tolerant, and compassionate community that supports its own members as well as those in India. I encourage you to wholeheartedly participate in this bridge-building initiative.

Last but not the least, I invite you to join JPF's Annual General Body Meeting on Sunday, Dec 11th at 11 am CST. We will provide updates on JPF and seek your valuable feedback. Your presence is important to us. See you soon, and wish you a very happy Diwali!

Thanks,
Pranav Kulkarni, President
Jnana Prabodhini Foundation

Program Updates

Campaign Mukti - Partnership With MMBA and IDRF

Mukti means liberation. This campaign helps women to free themselves from the hazardous tobacco-rolling work and from loans from local landlords who lend with interest rates as high as 10% per month. JPF is working with 1,000+ women workers from the cigarette rolling industry to improve their health and financial condition. The campaign focuses on preventive healthcare through coherent breathing (pranayama), financial inclusion, employment, and entrepreneurship opportunities. We are happy to announce our partnership with Maharashtra Mandal Bay Area (MMBA) and India Development and Relief Fund (IDRF) to support this campaign. JPF thanks both organizations for their support in solving this fundamental social issue in urban slums and rural India.

Smokeless Chulas

Although food is a basic need of all human beings, rural women have to search, carry, and burn 5 tons of firewood per year to provide meals for their families. This is equivalent to inhaling the smoke of 100 cigarettes per day. Consequently, the smoke from cooking stoves (*Chulas*) destroys their respiratory system. Moreover, carrying firewood on heads is time-consuming and causes back pain. Large-scale use of firewood also causes deforestation. JPF solves this issue by distributing smokeless chulas that use wooden pallets created from agricultural leftovers. These pallets are considered carbon-neutral. The chula and pallets cost \$100 for one family per year. On a pilot basis, JPF donated 10 chulas this quarter and will continue to contribute to this cause. This festive season, let us join hands to help 100 families.



Women collect 5 ton firewood a year



Eco-friendly smokeless chula

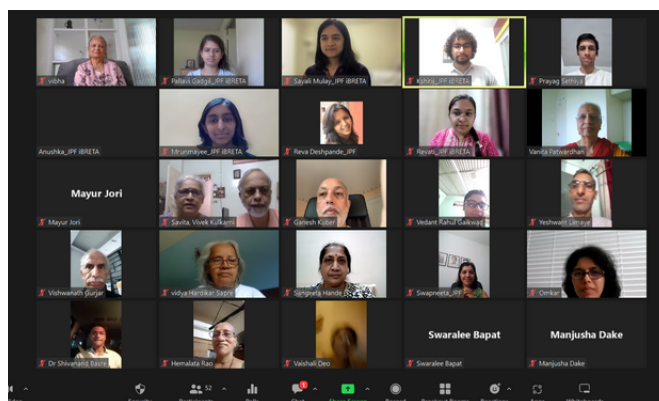
Program Updates

JPF iBRETA

After an insightful beginning of JPF iBRETA on 9th April 2022, the project successfully conducted the second session of Health Katta – ‘Healthy aging with Healthy Lifestyle’ on 6th August 2022. Our speakers Vd. Prayag Sethiya and Dr. Vanita Patwardhan gave remarkable insights into the complex process of aging from physiological and psychological aspects. Vd. Prayag Sethiya focused on what is aging, and what physiological changes are characteristics of aging. Because aging is an inevitable process, he explained how we can have healthy physical aging by following a proper and person-specific Diet (Aahar), Physical activities (Vihar), and Mind (Vichar).

Continuing on this aspect of Vichar, Dr. Vanita Patwardhan explained how our mind thinks about aging and how the following

6As of psychological development will result in healthy psychological aging - Aware, Accept, Aim, Advice, Action, Appraise. With a very warm response and lots of insightful questions from the audience, iBRETA is now planning its third and last session of the year 2022.



Health Katta Session 2: Healthy aging with Healthy Lifestyle

Sponsor a Child for Students From Manipur

JPF always focuses on ensuring opportunities for students from remote parts of India with humble financial backgrounds. We are pleased to announce that JPF has pledged to support 10 students from Manipur and will work to raise the funds for the next 6 months. Many students come from inaccessible villages and have no high schools. We appeal for your support to change the lives of many such students.



JPF's New Advisory Board

We are excited to announce the new Advisory Board for Jnana Prabodhini Foundation. This Advisory Board will guide team JPF for a tenure of two years starting July 1st, 2022. The Advisory Board chaired by Subhash Deshpande (Secretary, Jnana Prabodhini) will now include Suvarna Gokhale and Dr. Shamkant Navathe. Suvarna Gokhale heads the Stree Shakti Prabodhan (Rural) department at Jnana Prabodhini, Pune, and has a longstanding experience working with rural women. Dr. Navathe is a renowned professor of Computer Science at the Georgia Institute of Technology in Atlanta, USA. We are certain that their diverse backgrounds and dynamic experience will help JPF to achieve new milestones. We welcome Dr. Navathe and Suvarna Tai to our advisory board.

JPF at BMM Convention

Amid the festivities and fineries of a huge Marathi convention in Atlantic City, NJ hosted by Bruhan Maharashtra Mandal, JPF had a small, yet significant footprint of its own. Our dedicated volunteers designed and crafted JPF flyers and meticulously inserted them in the welcome kits given to the 5,000 attendees.

JPF also set up a booth at this convention showcasing various projects including Solapur's *Mukti* project for Beedi-rolling women, micro-financing initiatives for rural women, *Anand Shala* for nomadic laborers' children, and water storage initiatives in hilly villages. Our team passionately talked about JPF and our projects for four days and dazzled in the glittery expo!

Hundreds of attendees made a conscious attempt to get socialized with the working and undertakings of JPF. Many patrons pledged donations, while others offered help to get matching donations and volunteer for JPF.



Chief Guest Dr. Anand Deshpande, CEO of Persistent, at JPF Booth in 2022 BMM Convention.

The JPF team is extremely motivated by these over-top responses and looks forward to participating in the 2024 Marathi convention in the Bay area!

Jnana Prabodhini Global Network

With events in 5 USA regions, Germany, and Dubai, this quarter set a new record for community events. Over 200 participants participated in 37 in-person events.

Regional meets

VidyaTai and Aakash traveled through the East Coast and Southern USA. After a heart-warming *melava* in Boston, the duo traveled to New Jersey and organized 7 events, including visits to Yale, UPenn, and Princeton universities, a tour of Philadelphia, and a warm meet on the backdrop of New York's skyline.



Vidyvrat Samskar

Six students from UAE attended a 4-day camp in Pune. It included visits to JP Pune and JP Nigdi where campers participated in *Vidyavrat* follow-up sessions and enjoyed rifle shooting, a hike to Koraigad, and celebrations of 75 years of Indian independence. In gratitude, the group donated INR 40,000 to JP. Program head Vishakha Pandit led the camp.



JP folks also met in Georgia, upstate New York, and Virginia. Another group met in Frankfurt, Germany for a 2-day event that included summer fest celebrations and a visit to a museum led by blind guides. Californians organized 12 events; festive celebrations with *Dhol-Tasha*, AnaghaTai Lavalekar's visit, and the Career Forum's meeting, which was also JPF's first-ever in-person meeting, were the highlights.



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