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*Indian Schools Alumni & Friends
(INSAF) (formerly called FOPUAA)*

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I N S A F

INDIAN SCHOOLS ALUMNI AND FRIENDS NEWSLETTER

INSAF PROJECT EFFORT IN 2016 ON ITS WAY TO RECORD YEAR

Thanks to a few large projects, our combined project effort in the Year 2016 is certain to end up in a record setting way. Some of these projects are likely to be one-time efforts, making the Year 2016 an atypical year.

The first of these major projects is a \$50,354 donation to the Kanchan Foundation by Shri Anop Vora and Family. The Kanchan Foundation, based in Navi Mumbai, helps the poor and needy families in rural areas in Gujarat and other parts of India (See Page 2).

The second is a one-time joint effort by about 24 INSAF families to build a primary school in the 2015 Earthquake-devastated area in Selang, Nepal. A total of \$29,300 has been spent on the project in 2016, on top of \$14,000 in the Year 2015. (See Page 3)

A total of \$17,000 has been contributed to help the work of Divya Deepa Trust near Mysore, Karnataka, in a project led by Dr. Harshavardhana and supported by several others (see Page 4).

Shri Printinder Singh and Ms. Maninder Kaur contributed an amount of \$15,000 to institute 3 permanent scholarships in the name of Pritinder's late mother (see page 6).

Coincidentally, the above 4 projects add up to \$111,654 which alone nearly equals the total INSAF project effort of \$111,917 in the Year 2015. In addition to the above 4 projects, about 20 additional projects are likely to see support during the Year 2016. You will be able to read about those in this or the future Newsletters.

Congratulations to everyone associated with the support of all the projects this year. One can see how our collective effort of "giving back" is making a real difference. There is still time to act and help a cause of your personal choice. Please peruse the 8 pages of this Newsletter for ideas.

If you have been meaning to start a new project to "give back" in your own unique way during 2016 and can use some support, please let the Newsletter Editor or any Board Member know by dropping a line to the Newsletter Editor.

THE KANCHAN FOUNDATION

The Kanchan Foundation is a charitable foundation, based in Navi Mumbai and started by INSAF member Shri Anop Vora and his brothers, about 25 years ago, and formally set up in 2010. The Foundation has a committee of people who manage the distribution of the funds very prudently. The Foundation's activities span support for the following areas:

- Education
- Health Care
- Families with Development Disabilities



In 2015, the Foundation spent \$7,230 on education related activities. One of the activities was to distribute notebooks to needy students at 6 different locations in Gujarat and in Mumbai. The photo above is from one of those events.

The Foundation is structured to provide:

- Help to poor and needy families in rural areas of Gujarat and other parts of India
- Help to school kids and college boys and girls
- Medical aid to the needy

As an example of the Foundation's activities, an eye camp was organized in February 2015 in partnership with LKSVP Eye Hospital, a project by Lions Club of Karnavati, in Pachhegam village, Bhavnagar District, Gujarat. The camp was well attended by 850 beneficiaries who were examined during the camp. 535 patients were provided with free spectacles as per their eye test.

[Continued in next column]



An Eye Camp in-progress in 2015

Further follow-up was conducted wherein 23 beneficiaries were treated for cataracts at the Ahmedabad Eye Hospital. The patient's glasses were then provided with new lenses after the cataract surgery. Since the operation was conducted in Ahmedabad, the transportation and visit stay charges were incurred by the Foundation.

The Foundation spent about \$6,060 for these and other medical services in 2015.

During 2016, Shri Anop Vora, and family & friends have sent a total of \$50,354 to the Foundation — the largest amount ever contributed in a single year, in the 43 year old history of INSAF, for a single organization.

ONLINE AND MATCHING CONTRIBUTIONS TO INSAF

FYI — one can contribute online to INSAF through a Paypal account. At INSAFWEB.ORG, there is a button at the top of the home page which says "DONATE" via Paypal. This option has the advantage of convenience — you are all done with just a few clicks anytime 24/7. No need to write and mail a check. The flip side is that although 100% of your contribution is tax deductible, a fee will be deducted by Paypal. In most cases, about 97.5% of the funds will be available for your project.

Does your employer have a charitable contribution matching program? Examples of those already matching employee contributions for INSAF are: AT&T, Exxon Foundation, Gap, Google, Macy's, McGraw Hill, The Christensen Fund, and Tyco. Congratulations to all those who have successfully accomplished this match from their employers — thus doubling the funds they can use to help those in need.

REBUILDING A SCHOOL IN NEPAL AFTER A MAJOR EARTHQUAKE

An April 2015 earthquake in Nepal destroyed most of the schools in the Sindhupalchok area. Subsequently, INSAF members and friends have undertaken the humanitarian task of building a primary school in the Selang village area of Sindhupalchok.

The last issue of the Newsletter shared some photos of workers trying to level an area of the Himalayan hilly terrain for the eventual building of a retaining wall and a school building. Here are additional photos which show the modest but real progress achieved on the ground during the Year 2016.



A view of the school site in Nepal near Selang village in the beautiful Himalayas. The green roof structure will eventually be the newly built school building.



The school building under construction. The roof has skylights for each of the classrooms. The walls, windows and doors are currently being installed.

A total of about \$47,800 has been contributed for this project which began towards the end of 2015 after several rounds of INSAF fund raising and planning with a partner NGO Ne:Kalp in Nepal. However, internal politics of Madheshi agitation Nepal and that of Nepal-India relations descended into a crisis resulting in stoppage of trade across the Nepal-India border. The trade stoppage meant the prices in Nepal of materials and fuel sky rocketed. A decision to wait until prices returned to more normal levels but a delay of about 2 months was incurred.



Toilets built as a part of the project



Drinking water supply has been installed as a part of the project

A more recent challenge which added an additional delay of 2-3 months was that the already difficult hilly dirt road to the village was severely damaged during the monsoon rains. The good news is that some repair work necessary to make the damaged road usable again has been completed and the work on the site has resumed as of the time of this Newsletter.

DIVYA DEEPA TRUST / KALIYUVA MANE UPDATE

Kaliyuva Mane is a residential school, located near Mysuru, run by the Divya Deepa Trust. Kaliyuva Mane is dedicated to helping "out-of-the-system" children get educated and become self-sufficient mainstream citizens.

"Out-of-the-system" children are those children who, for some reason or other, are not able to cope in the regular education system and drop-out of school. Children may also become "out-of-the-system" if, due to poverty or lack of opportunity or family circumstances, they may have never attended regular school and have little prospect for a positive future. If not helped, these children face a bleak future, may not grow to their full potential or become a burden on society.

Kaliyuva Mane provides such opportunity deprived children love, care, empathy & education. The school derives its inspiration from the ideals of Swami Vivekananda and Sri Aurobindo's views on integral education.

The Trust and the School were founded by and are run by Mr. Ananth Kumar and his wife Padma. Ananth has already given 25 years of his life, giving up his professional engineering career to help the children.

Two examples of success in 2016 are Yogesh and Chandana, two 16 year olds who cleared their 10th standard exam against difficult odds.

Yogesh, a child of educated parents, joined Kaliyuva Mane in March 2014 after dropping out of school in 9th grade due to lack of interest in his studies. Thanks to the environment at Kaliyuva Mane, Yogesh passed with 72% marks.



Chandana, a child of uneducated parents and a one-time child-laborer, joined Kaliyuva Mane in April 2012 without properly knowing even the alphabet. In 4 years as a Kaliyuva Mane resident scholar, she acquired the skills needed and passed her 10th standard with 58% marks.



INSAF members and friends have been supporting the work at Kaliyuva Mane for many years now — first with former President Soma Murthy as the Project Leader, and in recent years, with INSFAF Board Member Harshavardhana as the current Project Leader. Recently, INSFAF Board Member Joginder Kundra visited Kaliyuva Mane and observed the activities there.

One current infrastructure project at Kaliyuva Mane is a

boundary wall, projected to cost a bit under \$28,000. Divya Deepa has already raised over \$18,000 from other sources and is looking for an additional \$9,000 through INSFAF members and friends.

A more substantial project is to build a training center to provide industrial training to most of the children following their high school completion. The trades could include electrical, mechanical, carpentry, masonry, plumbing, and computer skills, and accommodate both the boys and girls. This work would be spread over approximately two years in 2017 and 2018 and could cost \$125,000 to \$150,000 according to preliminary estimates.

Please feel free to write to the Newsletter Editor if you have any questions or if you would like to support this effort at Kaliyuva Mane. More information about the Trust is available at <http://divyadeepatrust.org/>

INSFAF Member sponsors Meals for Women with Special Needs in honor of Dad

Sudesh Kapur and her husband and former Long-time INSFAF Financial Secretary Kumar Kapur have sponsored a project in honor of Sudesh's respected father at the Mother Teresa's Home, Missionaries of Charity, Ambala Cantt, Haryana. The Home is a residential home for women with special needs who are not able to fully take care of themselves.



The photo above shows one of the meal services in progress in March 2016.

A contribution of \$315 was sufficient to allow the sponsorship of one meal per week for 26 weeks.

SODHANA

Several INSAF families have been supporting the work of Sodhana, an NGO based in Chipurupalli, Andhra Pradesh, for several decades and more consistently since 2001. Sodhana was founded by and is run by Dr. P. D. K. Rao, a Ph.D. in Physics from Rutgers University in New Jersey. Dr. Rao has dedicated over 35 years of his life to helping the underserved on a full time basis (and has remained unmarried).

In recent years, a total of 9 INSAF families have been supporting the following activities through Sodhana:

1. Two pre-schools in the villages of Ramalingapuram and Purreyavalasa, serving a total of 50-60 children. This takes a contribution of only \$3,200 per year which covers the teachers/assistants stipend, and a mid-day meal for the children for a full school year.
2. Women's empowerment activities by providing a modest stipend for 4 coordinators at a total of \$1,200 per year.
3. Cultural activities with an annual stipend of about \$750 for two coordinators.
4. Medical and educational aid for the needy with about \$500 annually.

One can just see how cost effective the above contributions are. We know of 8 youngsters from the first batch, where INSAF supported a volunteer instructor in a primary school, who are now about 25 years old and in steady careers — 3 in the Indian army, 3 in the Andhra police, one as a nurse, and one as a software engineer.



From the pre-schools supported by INSAF, we were recently able to identify 23 students who are now in grades 7 through 9th.

The method of instruction for the pre-school children, all of whom come from financially disadvantaged families, is to teach them affectionately through art and dance which also improves the children's self-confidence. The photo in the left column is from an impromptu performance by the children for some visitors to the Ramalingapuram pre-school on Dec 2015 .

The pre-school program has been considered a model. Sodhana has trained teachers for other pre-schools at the request of the Andhra government, and numerous officials from both the state and central government have visited Sodhana to study and observe its work.

ADIWASI UNNATI MANDAL

Adiwasi Unnati Mandal is a trust based in Mumbai and dedicated to providing healthcare services such as cataract surgeries, general medical O.P.D. (Out Patient Department) and Dental services to the Adiwasi and other poor people near Mumbai.



The photo above is from a cataract surgery service provided at Taki Pathar in Shahpur Taluka.

The work of the Trust has been supported by Dr. Mahendra and Mrs. Jyoti Nanavati and their family members. During 2016, contributions totaling \$2,000 have been sent to support the work of the Trust.

MERIT SCHOLARSHIPS AS A MEANS TO MOTIVATE VILLAGE HIGH SCHOOL STUDENTS

The village of Bhaee Rupa is located near the town of Bhatinda in Punjab. The government Senior Secondary School for boys at Bhaee Rupa was experiencing a relatively low attendance and high drop out rate. As a means of motivating the students, cash scholarships of modest amounts were instituted about 6 years ago for students achieving the first, second or third position in their class for Classes 6th through 12th.



For the past 5 years, an annual function has been created where the students present some cultural performances and the scholarships are awarded. The photo above shows some of the award-winning students along with the teachers and guests at the annual function in Dec 2015. It takes an annual contribution of only \$560 for the 21 scholarships. In 2015, a contribution of \$600 was also provided for the



purchase of badly needed lab supplies. The photo above shows some the supplies purchased along with the science teachers. The feedback from the school is that the scholarships and the annual function are proving to be a positive motivation for both the students and the teachers.

INSAF Member Initiates Scholarships in Honor of Mom at his Alma Mater

INSAF Members Pritinder Singh and Maninder Kaur Arora have made a \$15,000 contribution to initiate 3 permanent scholarships in honor of Pritinder's late mother, respected Bibi Amrit Kaur, at his alma mater Panjab University, Chandigarh.

In an arrangement reached with Panjab University, three annual scholarships of Rs. 20,000 each will be awarded one-each to the 2nd, 3rd, and 4th year undergraduate students of the Dr. S. S. Bhatnagar University Institute of Chemical Engineering & Technology.

Pritinder is a member of the graduating class of 1969. These 3 scholarships, named "Amrit Kaur Scholarships", are in addition to 3 scholarships from previously contributed funds by members of the Class of 1969 and named "Class of 1969" Scholarships. All six scholarships are to be awarded on a merit basis. Successful applicants also have to meet a means test under which the student's family annual income needs to be under Rs 300,000.

It is interesting to note the implementation timeline for this project. The arrangement with the university was reached about 8-9 months ago, the funds were transferred about 6-7 months ago, and the university senate approval finally came about 2 months ago. The actual awarding of the scholarships is still awaited. If you have any questions or comments about these 6 scholarships, please feel free to contact Bhavender Paul, the Newsletter Editor and Pritinder's former classmate.

VOLUNTEER FOR 2017-19 INSAF BOARD

The current term for the INSAF Board of Directors ends January 31, 2017 and a new 2-year term begins February 1.

Please let the Newsletter Editor know if you can volunteer to serve on the INSAF Board of Directors. Board Members have to be INSAF members and should preferably have contributed to some projects through INSAF in the past.

There are 7 members of the INSAF Board. Four of the members focus on introducing INSAF to outsiders who may share the values implied in "giving back" and offer strategic input to INSAF. The remaining 3 members focus on the day-to-day operations. The dedicated service by these volunteers is a tremendous asset for INSAF.

2016 CONTRIBUTIONS

Here is a menu of project-types for you to consider for your 2016 contribution. Please mark your choice(s) and enter the tax-deductible dollar figure you would like to contribute. Don't see a cause you would rather support? Feel free to start something new for your idea with a contribution, and one of your fellow INSAF colleagues will be in touch with you to help.

Your Choice	Your 2016 Contribution	Type of Project	Example of Current or Recent INSAF Projects (Partial Listing only)
1 <input type="checkbox"/>	\$ _____	Community Development Build a school-room or some durable facility	Pondicherry Children's Home Saraswathy Vidyalam, Eagandiyur, Kerala Dwarka Devi-INSAP School, Hoshiarpur, Punjab Kaliyuvu Mane (Divya Deepa), Mysore, Karn. Govt. Girls School, Alduka, Haryana Anganwadi School, Bercha, Punjab Sri Selang Primary School, Nepal
2 <input type="checkbox"/>	\$ _____	Teacher Staff Support Stipend for volunteer staff at a school for the poor	Ramalingapuram area schools, AP Bhulpur Shiksha Samiti, UP
3 <input type="checkbox"/>	\$ _____	Community and Health Services Provide needed services for the poor	O.P. Soni Charitable Trust, Jagraon, Punjab Arpana Charitable Trust, Haryana/Himachal Manav Kalyan Trust, Navsari, Gujarat
4 <input type="checkbox"/>	\$ _____	Women's Empowerment Fund awareness seminars for rural women	Sodhana, Chipurupalli, AP Vatsal Chhaya
5 <input type="checkbox"/>	\$ _____	Literacy Improvement Fund efforts to increase literacy	Pratham, Mysore, Karnataka Ekal Vidyalaya
6 <input type="checkbox"/>	\$ _____	Hunger Alleviation Fund food services for the poor	Maheshwary Charitable Trust, Mother Teresa Home for Children, Haryana
7 A <input type="checkbox"/>	\$ _____	Child Sponsorship (School Education) Sponsor a specific child's primary thru 12th grade education (6-10 yr commitment)	SOS Children's Village Rajpura, Punjab
B <input type="checkbox"/>	\$ _____	Child Support for Higher Education Help a student for higher Ed (2-4 yr commitment)	Balabhavan, Paduapuram, Kerala Divyadeepa, Kenchalagudu (Mysore), Karnataka
C <input type="checkbox"/>	\$ _____	Education Support Grant to a school for operations or tuition/books/scholarship for students as an incentive to perform better or to award a teacher	OAS DAV School, Kaithal, Haryana Shmt. Dwarka Devi INSAF Vidya Mandir, Punjab Daya Ghar, Chennai, Tamil Nadu Govt. Sr. Sec. School, Bhaee Rupa, Punjab
8 <input type="checkbox"/>	\$ _____	Animal Welfare Grant funds for care of stray animals in major urban centers	Animal India Trust, New Delhi Friendicoes, New Delhi
9 <input type="checkbox"/>	\$ _____	Start a new project based on your idea. Please describe your idea in an e-mail to: sharma7336@gmail.com	

Membership Contribution:

☐ \$150/Couple Life-Membership ☐ \$100/Single Life-Membership ☐ \$15/Couple Annual-Membership ☐ \$10/Single Annual-Membership

Readers are encouraged to report errors and omissions as well as additional ideas so we can continue to improve this for the future.

NAME(S) _____

ADDRESS (If changed in the last 1-2 years) _____

PHONE _____ E-MAIL _____

TOTAL TAX DEDUCTIBLE CONTRIBUTION (payable to INSAF): \$ _____

Federal Tax ID # 23-7338355. Please mail your check and this sheet to:

Ms. Padmashri Lad, INSAF V. P. Finance, 137 Seagate Drive, San Mateo, CA 94403

INSAF PROJECTS: Recent projects and Leaders/Coordinators are listed below. More information may be obtained through the Editor. Kindly do let the Editor know of any errors and omissions including any corrections to the names listed.

- **Arya Samaj, Houston, TX [Community Service]**
Sh. Joginder & Ms. Meera Kundra
- **Arya Samaj, Unnao, UP [Community Service]**
Sh. Sikandar Tuli
- **Adivasi Unnati Mandal, Mumbai [Community Service]**
Dr. Mahendra & Ms. Jyoti Nanavati
- **Balabhavan Nazareth Student Support, Paduapuram, Kerala [College Education of Disadvantaged Youth]:** Sh. Joginder & Ms. Meera Kundra, Dr. Raj & Ms. Padmashri Lad, Sh. Ashok & Ms. Darshan Mehan, Dr. Bhav & Ms. Kaye Sharma
- **Bercha (Hoshiarpur) Anganwadi School [Community Dev]**
Sh. Chani Sra
- **DECC Trust Saraswati Vidyalam, Engandiyur, Kerala [Education]:** Sh. K. Vasudevan, Family & Friends
- **Divya Deepa Charitable Trust, Mysore, Karnataka [Education]:** Dr. P. Harshavardhana and Friends, Dr. Soma & Padma Murthy, Dr. Raj & Padmashri Lad, Dr. B. & K. Sharma
- **Ekal Vidyalay [Education]**
Sh. Joginder & Ms. Meera Kundra, Sh. Kumar & Ms. Sudesh Kapur
- **Friendship Foundation, Ahmedabad [Community Service]**
Dr. Mahendra & Ms. Jyoti Nanavati
- **Govt. Girls Middle School, Village Alduka (Mewat), Haryana [Upgrade of Educational Institution]**
Dr. Raj & Ms. Padmashri Lad, Dr. Bhav Sharma
- **Govt. Senior Secondary School, Bhaee Rupa (Bhatinda), Punjab [Motivation of Students]** Dr. Bhav & Ms. Kaye Sharma
- **Govt. Sr. Sec. School, Kataula, H.P. [Education]**
Dr. Bhav & Ms. Kaye Sharma
- **Innerwheel Club, Unnao, UP [Community Service]**
Sh. Sikandar Tuli
- **Jain Swetamber M.V. Mitra Sangh, Ahmedabad, Gujarat [Community Service]** [Dr. Mahendra & Ms. Jyoti Nanavati, Sh. Pankaj & Ms. Rupa Nanavati
- **Jeevan Prabhat Children's Home Pondicherry [Education]**
Sh. Joginder & Ms. Meera Kundra
- **Jeevanfirth, Gandhinagar, Gujarat [Community Service]**
Dr. Mahendra & Ms. Jyoti, Sh. Pankaj & Ms. Rupa Nanavati,
- **Kanchan Foundation, Bhavnagar, Gujarat [Community Service]** Dr. Anop & Ms. Renuka Vora
- **Manav Kalyan Trust, Navsari, Gujarat [Community Service]**
Dr. Mahendra & Ms. Jyoti, Sh. Pankaj & Ms. Rupa Nanavati,
- **NIT Hamirpur Literacy Mission, H.P. [College Education of Disadvantaged Youth]**
Dr. Amrit & Ms. Shashi Chadha, Dr. Bhav Sharma
- **Sh. O.P. Soni Charitable Trust, Jagraon, Punjab [Community Service]** Sh. Ashok & Ms. Sanju Soni, Sh. Ashok & Ms. Usha Sachdev
- **OSDAV School, Kaithal, Haryana [Motivation of Students]**
Ms. Manju Chexal
- **Parishram Parimal Trust [Community Services]**
Dr. Mahendra & Ms. Jyoti Nanavati
- **Polio Foundation, Ahmedabad [Health Services]**
Dr. Mahendra & Ms. Jyoti, Sh. Pankaj & Ms. Rupa Nanavati
- **Pratham Mysore, Karnataka [Literacy]**
Sh. Arun & Ms. Padma Cariappa, Family and Friends
- **Punjab University, Chandigarh [Scholarships]**
Chem. Eng. Class of 1969 Alumni c/o Dr. Bhav Sharma
- **Sh. Raj. Adhyatmik Sadhana Kendra, Koba, Gujarat [Community Service]** Dr. Mahendra & Ms. Jyoti Nanavati, Dr. Bipin & Ms. Kalpana Shah
- **Rotary Club, Ahmedabad [Community Service]**
Dr. Mahendra & Ms. Jyoti Nanavati
- **Sankara Eye Foundation, USA [Health Services]**
Sh. Joginder & Ms. Meera Kundra
- **Satem Vibhag School, Ahmedabad [Education]**
Sh. Ramesh & Ms. Jyoti Patel & Family
- **Seva Bharti, Abohar, Punjab [Community Service]**
Sh. P.K. & Ms. Suresh Malhotra & Family and Friends
- **SODHANA — Chipurupalli & Ramalingapuram, A.P. [Education]** Dr. Santosh Chokhani, Dr. Raj & Ms. Padmashri Lad, Dr. AJ & Ms. Thankamma Poulouse, Dr. Jay & Ms. Shashi Shetty, Dr. Manoj & Ms. Maneesha Shrivastav, Sh. Ashok & Ms. Darshan Mehan, Dr. Bhav & Ms. Kaye Sharma
- **SOS Children's Home, Rajpura, Punjab [Children without Family]** Sh. Kumar & Ms. Sudesh Kapur, Sh. Joginder & Ms. Meera Kundra, Dr. Raj & Ms. Padmashri Lad, Sh. Ashok & Ms. Darshan Mehan, Dr. Ashok & Ms. Usha, and Ms. Sucheta Sachdev, Dr. Bhav & Ms. Kaye Sharma
- **UNICEF, USA [Children's Rights]**
Sh. Joginder and Ms. Meera Kundra
- **Sri Vankaner Kelavani School, Ahmedabad [Education]**
Sh. Ramesh & Ms. Jyoti Patel
- **Arya Girls High School, Bhatinda, Punjab [School Upgrade]**
Dr. Krishan and Dr. Vimal Goyle
- **Shmt. Dwarki Devi INSAT Vidya Mandir, Hoshiarpur, Punjab [Education]** Sh. Surinder & Ms. Nirmal Maheshwary & Family
- **Govt. Schools in the Banbhouri, Dhuri area [Education]**
Dr. Sudershan Bhateja
- **Friendicoes of SECA, New Delhi [Animal Welfare]**
Ms. Aruna Marathé
- **Arpana Trust Foundation, Karnal, Haryana [Women Empowerment]** Dr. Nirmala Bidani
- **DISHA, Bareilly, UP [Handicapped Children]**
Sh. Rakesh & Ms. Geeta Kapur