

Nov 2022
Volume 47 Issue 2

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

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I N S A F

INDIAN SCHOOLS ALUMNI AND FRIENDS NEWSLETTER

INSAF GETS READY TO CELEBRATE 50TH ANNIVERSARY — ALSO, LOOKING FOR MEMBERS WILLING TO DONATE TIME

Thanks to INSAF volunteers and donors over the years, INSAF will celebrate its 50th anniversary in 2023. Please see Page 2 for more on this.

Our combined funding of various projects in the Year 2022 is trending towards a good year, even if not quite up to the level of the record last year. Year-to-date total project effort stands at about \$340,312 compared with \$381,205 last year at this point in time.

About 68% of this project support to date this year has gone to the following 3 projects:

1. The Nanritam projects (Please see Page 3) at 24.8%
Project Leader: Sh. Joginder Kundra
2. The Kanchan Foundation project (Please see Page 2) at 21.9%
Project Leader: Sh. Anop Vora, Sh Chandra Vora, and family
3. The Malvi Educational & Charitable Trust (Please see Page 6) at 21.7%
Project Leader: Sh. Ramesh Patel

The balance has been for 24 other causes; this issue covers some of those.

As an annual update, Page 8 of the Newsletter has been updated to include only projects which were active during 2020-22. Is your old project no longer seen there? There is certainly time to bring it back into the "active" fold.

The working group of leadership volunteers, which includes the INSAF Board Members, is looking for a few active members, especially those on the younger side, willing to donate their time and efforts to INSAF (Ref. Page 5). Please reach out at sharma7336@gmail.com by December 4.

We extend a very warm welcome to the new Life Members:

- Sh. Chandra & Ms. Nisha C. Vora, Northborough, MA
- Sh. Amol Agarwal, Redmond, WA

For information, the INSAF membership now totals 184.

If you have not done so yet, please do check out the content with drop down menus on the new INSAF website at insafweb.org. Please contact the Editor with any questions on the projects, the Website or the Newsletter.

The entire INSAF team wishes all a very happy holiday season and a great year in 2023.

KANCHAN FOUNDATION AND THE VORA FAMILY CONTINUE INSPIRATIONAL COMMUNITY SERVICE

The Kanchan Foundation is a charitable foundation based in Mumbai. It started more than 25 years ago by INSAF member Sh. Anop Vora and his brothers. Its operations are being conducted in India by a team of selfless volunteers led by Sh. Khanti Vora and his family members and relatives.

The Foundation spent the equivalent of about \$70,620 during the India fiscal year 2021-22 to help the disadvantaged as discussed below:

- **Support for Education:** Over 200 students in Gujarat and Mumbai at various levels received scholarships. Some of these students are in professional courses such as engineering. In addition, notebooks, study materials, school uniforms and coaching assistance were provided to students from poor families in several villages in Gujarat. The Foundation received an appreciation letter after the Foundation-funded library at Sh. Murlidhar Gram School, Pachhegam, was recognized as one of the best village libraries in Gujarat. About \$31,830 was spent for these education-related activities.
- **Help for Medical Care:** Another certificate of appreciation was from the Kidwai Memorial Inst. of Oncology, Bangalore, for the Foundation's support, including a grant for the purchase & maintenance of 2 defibrillators. In addition, over 75 individuals were helped with their medical costs. About \$19,880 was spent on these activities.
- **Cyclone Relief:** In May 2021, cyclone Tauktae (winds of up to 140 mph) struck the west coast of India, especially coastal Gujarat's Amreli district, leading to over 174 deaths, and a damage est. at \$2.1B. The Foundation distributed badly needed food supplies to about 270 families in 5 villages (photo below).



- **Poverty Alleviation:** The Foundation distributed groceries, sweets and buttermilk to the poor several times during the year. Also, about 500 trees were planted as a part of its efforts. In the Gir area of Junagadh district, about 100 solar lanterns were distributed in the community (photo below). These efforts to alleviate the effects of poverty and the Tauktae cyclone cost about \$18,910.



During calendar year 2021, about \$106,262 was donated by INSAF on behalf of Shri Anop & Sh Chandra Vora family & friends, followed by \$74,492 YTD 2022. Indeed, this is an inspirational example of giving back.

Dear INSAF Members and Friends,

Greetings. On behalf of the INSAF Board, I thank you all for all you have done over the years to make this world a better place. Can you believe that INSAF has been in existence for **50 years** since that project of trying to procure and send an IBM Selectric typewriter to the Punjab University Library in 1973. The Board is looking forward to celebrating INSAF's **50th Anniversary** in 2023. We would like to hear from you as to the best way we can do this Golden Jubilee celebration. Some of the suggestions the Board members have come up with are:

1. A virtual celebration honoring the founders and builders, and recapping the key achievements.
2. A set of physical celebrations, all connected virtually.
3. A special supplement of the INSAF newsletter providing look back at the history of INSAF.
4. Some combination of the above

Please send your suggestions and input to Insafusa.Operations@insafweb.org.

Santosh Chokhani, Ph.D., INSAF President

TUMSONG VILLAGE ROAD PROJECT AND SCHOOL DORMITORY PROJECT WITH NANRITAM

With the leadership of Joginder Kundra ji, two new projects have been initiated in 2022 with Nanritam:

- **Tumsong Village Road Project:** The mountainous Darjeeling village of Tumsong needs a 1 Km road to get connected for access to healthcare and education. An INSAF grant of \$22,500 has been sent from the funds raised so far. A GoFundMe page has also been set up to help raise funds for the project. Please go to GoFundMe.com and search for Tumsong Village. Then verify the selected link has INSAF mentioned in it.
- **Dormitory Project:** Nanritam also operates a 500-child school up to Class 10 in Purulia, West Bengal. Nanritam has felt the need for a 2,600 sq ft dormitory to accommodate 40 under-privileged 8th & 9th graders to prep for 10th grade exams. About 50% of the project has already been completed and the cost is projected at \$20,000-25,000. The INSAF team has already received several donations for this project; additional donations are welcome.

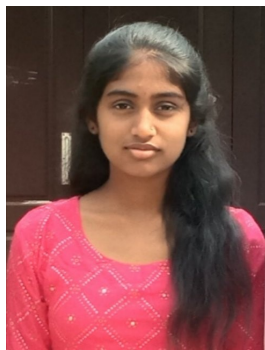
For additional information on either or both of the projects, please reach out at insafusa.operations@insafweb.org.

DIVYA DEEPA/KALIYUVA MANE SPONSORS CONTINUE TARGETED SUPPORT

With the sponsorship of Dr. Kotresh Neelkantappa, Ms. Revathi M, an underprivileged student living at Kaliyuva Mane, and a PUC student, has been selected as the recipient of a scholarship in honor of Dr. Jerome Lowenstein.

Ms. Revathi aspires to be an allopathic/ayurvedic, homeopathic doctor.

Good wishes to Revathi from INSAF.



Ms. Revathi M.

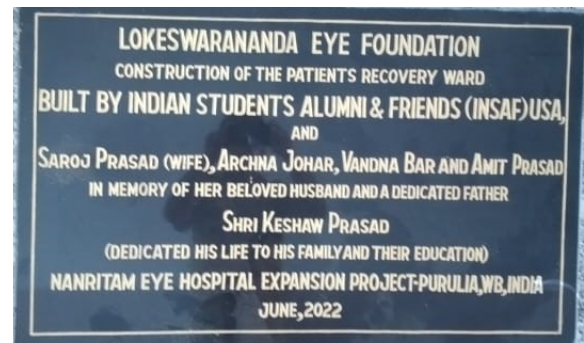
Separately, with the sponsorship of Sh Arun & Ms. Padma Tatta Cariappa, a special luncheon honor of a family member was organized for all the children at Kaliyuva Mane. In 2022, an amount of \$9,500 has been sent as INSAF grants Year-to-Date, with the project leadership of Sh. Joginder Kundra/Dr. Harsha for operational support and these initiatives.

EXPANSION OF THE NANRITAM EYE HOSPITAL

Nanritam works among the deprived, downtrodden communities in the Purulia district of W. Bengal and nearby areas. Project Leader Joginder Kundra Family, Late Sh. Keshaw Prasad Family, and several INSAF members and non-member friends have been helping fund an expansion of the Nanritam Eye Hospital. We are pleased to report the expansion, which adds 11,000 sq ft, has been completed (photo below). The project cost was about \$309,130.



Photos of the dedication plaque for the recovery ward, which has 12 cabins and a dormitory, and one of the new recovery rooms are shown below.



RUCHIKA-INSAF SCHOOLS IN ODISHA CONTINUE TO MAKE A DIFFERENCE

About 7-8 INSAF families have been supporting two informal schools in Odisha — a Platform School in Bhubaneswar, and an after-school education center in Paradeep. During the times when Covid cases were high and the train traffic had been suspended, the attendance at the Bhubaneswar School had dropped significantly even though the Paradeep center attendance stayed almost even. We are happy to report the attendance at both schools has returned to almost normal.



Bhubaneswar school in session in June 2022

On October 18, 2022, 19 children were present at the Bhubaneswar School.



Paradeep School in session in September 2022

About 23-25 children have been attending the Paradeep School as of September 2022.

An INSAF grant of \$4,840 has been sent in 2022 to support the 2022-23 year. The amount was less than the normal amount of \$7,500 because some funds were left over from the 2021-22 fiscal year.

HELPING THE 4-LEGGED FRIENDS

INSAF Member Ms. Aruna Marathé has long supported the cause of helping the 4-legged friends, especially dogs. Ms. Marathé has now initiated support for Animal Rahat, which operates a 10-acre sanctuary in Sangli, Maharashtra, for animals who need help. They also try to educate children about the need to care for animals as shown below.



More info re Animal Rahat is at animalrahat.com

WARM WELCOME TO NEW MEMBERS

We are delighted to warmly welcome as members:

- Sh. Chandra & Ms. Nisha Vora, Northborough, MA
- Sh. Amol Agarwal, Redmond, WA

All members are encouraged to write with any comments or questions on any INSAF topic at insafusa.operations@insafweb.org

ONLINE CONTRIBUTIONS TO INSAF

At INSAFWEB.ORG, there is an option at the top menu of the home page which says "DONATE". You can conveniently donate via PayPal 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 really available for your project. However, convenience is a big plus.

Of course, 100% of the contributions sent via a check or the interbank ACH transfer (information under Donate under main menu) are actually received. The ACH transfer can be achieved by using the bill pay function of most bank's websites, using INSAF as the payee.

VSSM — VICHARTA SAMUDAY SAMARTHAN MANCH, AHMEDABAD, GUJARAT

VSSM is dedicated to creatively enabling inclusive growth of the Nomadic and De-Notified tribal communities in at least 20 districts of Gujarat. Earlier this year, with INSAF Member Sh. Chandra Vora as the Project Leader, a few members and nonmembers had decided to support VSSM for their good work and initiated a new project.

VSSM has initiatives spanning 9 different areas such as Rights and Entitlements, Livelihood, Education, Housing, and Water Management, among other areas, some of them socially sensitive.



Karshanbhai Devipujak from the Odhav area of Ahmedabad improved his earning to Rs. 25000/- per mon. from Rs. 3000/- per mon. in his brooms business with VSSM help. [Ref. VSSM website]

More information on each of the 9 initiatives at VSSM is available at <https://www.vssmindia.org/>. Also available on the VSSM website are their newsletters, with separate issues published in Gujarati or English. Donor supported year-to-date INSAF grants are at \$5,750.

WANTED ... INSAF MEMBER VOLUNTEERS .. ESPECIALLY YOUNGER ONES

INSAF members, especially those on the youngish side, who are willing to donate some of their time and efforts for INSAF work are cordially invited to express their interest soon. One can help INSAF do its work by either joining the INSAF Board or without joining the Board.

A new INSAF term begins February 1, 2023 and lasts until Jan 31, 2025. To join the Board, a member also needs to have participated in some INSAF project.

Please write to the INSAF Transition Coordinator at sharma7336@gmail.com as soon as practical but no later than December 4, 2022 to allow the necessary discussions within the INSAF timeline..

INSAF AND SODHANA PROGRAMS IN ANDHRA

Ten INSAF members support 7 initiatives with Chipurupalli, Andhra Pradesh based Sodhana.

1. **PRESCHOOL:** The Purreyavalasa preschool with 23-24 students is going well. INSAF funding is provided for mid-day meals and the teacher's salary. The Ramalingapuram school program has been replaced by a primary care health center after an evaluation by Sodhana of changing needs there.
2. **QUALITY OF PRIMARY EDUCATION:** Trained volunteers (paid an honorarium with INSAF funding) will improve the quality of Primary School education in five village schools to demonstrate the concept to the Andhra State government.
3. **RAMALINGAPURAM HEALTH CENTER:** This new primary health care center was inaugurated July 21, 2022 when 120 patients were examined for blood pressure, diabetes, etc. and medicines given free of charge. It was learned that people over 50 had never checked their blood pressure, and some such as the lady sarpanch, were at a heightened risk of a stroke.



Dr. Rakesh Kumar [L], the new Sodhana doctor, examining a patient along with an assistant at the health camp (July 2022)

4. **WOMEN EMPOWERMENT:** INSAF partially funds 4 coordinators for a bank microfinance program for women self-help groups (SHGs).
5. **MEDICAL SERVICES:** INSAF funding provides free medicines through a primary care doctor at Sodhana.
6. **PRATIBHA SCHOLARSHIPS:** 15 students from poor families receive a modest scholarship of Rs 800.
7. **POST-MATRIC SCHOLARSHIPS:** 11 good students from poor families are getting help with post-matric education under this program.

BANWASI KANYA CHHATRAWAS, UTTARAKHAND

Banwasi Kanya Chhatrawas (BKC, aka Vanvasi Kanya Chhatrawas or VKC) was founded in 1995 as a residential facility to help tribal orphan girls studying in class IV through college. The facility has space for 60-70 girls; however, the current number is well below that.

BKC, which is located at Rudrapur (Udham Singh Nagar), Uttarakhand, has 8 girls in college, 4 of them studying in 300 Km away in Agra, 4 studying about 15 Km away at Kichha, and 22 in classes VI-X. BKC needed funding for their education. INSAF Member Ms. Anita Sra has decided to support the college-going students with the sponsorship of the Sra family. Ms. Anita Sra and Sh. Amol Agarwal, both INSAF Members, will be the Project Leaders for this new project.



Jyotima Rabha, 2nd Yr B.Sc.
From Assam, at Kichha



Anita Hasda, 3rd Yr B.M.L.T.
From Nepal, at Kichha



Kajal Kumar, 1st Yr G.N.M.
From Jharkhand, at Agra



Rishna Chakma, 1st Yr B.Sc. Nursing
From Mizoram, at Agra

Not shown due to space constraints are:

- Roshni Gwala, 2nd Yr B.Sc. (from Assam) at Kichha
- Tshesang Dolma, 2nd Yr B.Pharm. (from Sikkim) Kichha
- Bristi Hajong, 1st Yr B.Sc. Nursing (Meghalaya) Agra
- Arpita Hajong, 1st Yr B.Sc. Nursing (Meghalaya) Agra

An amount of \$16,500 has been sent as INSAF grants Year-to-Date for this initiative.

SAFAL (Skill Applied for a Lifetime) — VOCATIONAL SCHOOL by MALVI EDUCATION TRUST, GUJARAT

Malvi Education Charitable Trust (MECT) operates the Shantaba Vidyalay (school) in Kukeri, Gujarat to provide high quality, free or very low cost education to tribal children from pre-school to Class 12. With support in 2021 & 2022 from INSAF Members Ramesh & Jyoti Patel, Nonmember Sureshbhai Patel & others, as well as other donors outside of INSAF, a new vocational school is coming up about 1.5 miles from the Shantaba School. A few highlights follow:

- **LAND:** One acre of land has been purchased at a cost of about \$29,000 for the facility which will have a 5,000 sq ft. vocational training building for about 400 students from classes 6-12.
- **VOLUNTEER TRAINERS:** Outside staff has agreed to provide training without any fee or honorarium. The new facility will have two master bedrooms, and 3 other bedrooms for the visiting trainers as well as for other guests of the Shantaba School.
- **SKILLS TO BE TAUGHT:** Carpentry, Plumbing, Electrical Repair, Holistic Home Care, Beautician, Baking, Cooking & Catering, Stitching, and Organic Farming. The students are to spend about 3.5 hrs. per week for the vocational training. For organic farming, 5 acres of land has been leased for 5 years.



A view of the Vocational School Construction Early in 2022

The total cost of the vocational school project is projected at Rs. 1.9 Cr (about \$250,000). This does not include the annual operating cost which will include the expenses for a dedicated coordinator, and a caretaker for the Visitor's Guest House.

INSAF grants, supported by the project sponsors, have been \$34,682 in the Year 2021, and \$74,011 year-to-date in 2022.

2022 CONTRIBUTIONS

Here is a menu of project types for you to consider for your 2022 contribution. Broadly, INSAF projects are in the areas of education, community development, and community service. Please see Page 8 for specific recent projects. Please print the sheet below, 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 the INSAF colleagues will be in touch.

Choice	2022 Contribution	Type of Project	Additional Information
1	<input type="checkbox"/> \$ _____	Community Development	Build some durable facility or initiate service of long-term recurring value to a community
		Education	Examples:
	A \$ _____	A. Teacher Staff Support	• Fund a stipend for volunteers at a school
2	<input type="checkbox"/> B\$ _____	B. Sponsor a specific student	• Help a specific student from a poor family or at an orphanage (several years commitment)
	C\$ _____	C. Grant to a school for scholarships, books, or incentive awards	• Make a grant to a school for operations or tuition/books/scholarship for students as an incentive to perform better, or to award a teacher
3	<input type="checkbox"/> \$ _____	Community and Health Services	Fund needed services for the poor
4	<input type="checkbox"/> \$ _____	Women's Empowerment	Fund a program which aims to help women
5	<input type="checkbox"/> \$ _____	Literacy Improvement	Fund efforts to increase literacy
6	<input type="checkbox"/> \$ _____	Hunger Alleviation	Fund food services for the poor
7	<input type="checkbox"/> \$ _____	Animal Welfare	Grant funds for care of stray animals in major urban centers
8	<input type="checkbox"/> \$ _____		Start a new project based on your idea. Please send an e-mail to sharma7336@gmail.com

Membership Contribution:

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

NAME(S) & ADDRESS _____

PHONE _____ E-MAIL _____

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

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Please email a scan of this sheet or mail the sheet along with your check payable to INSAF to:

Ms. Padmashri Lad, INSAF, 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 listings.

- **Adivasi Unnati Mandal, Mumbai [Community Service]**
Dr. Mahendra & Ms. Jyoti Nanavati
- **AIM for SEVA USA [Education],**
Sh. Ramesh & Ms. Jyoti Patel
- **Animal Aid Unlimited, Udaipur, Rajasthan and Animal Rahat, Sangli, Maharashtra [Animal Welfare]**
Ms. Aruna Marathé
- **ARCH - Action Res. In Community Health & Dev., Gujarat [Community Service]** Sh. Ramesh & Ms. Jyoti Patel
- **Balabhavan Nazareth Student Support, Paduapuram, Kerala [College Education of Specific Youth]:** Sh. Arun & Ms. Padma Tatta Cariappa, Dr. Santosh Chokhani, Sh. Joginder & Ms. Meera Kundra, Dr. Raj & Ms. Padmashri Lad, Dr. A.J. & Ms. Thankamma Poullose, Dr. Bhav & Ms. Kaye Sharma
- **Banwasi (Vanvasi) Kanya Chhatrawas, Rudrapur (Udham Singh Nagar), Uttarakhand [Community Dev]**
Ms. Anita Sra and Sh. Amol Agarwal
- **Calcutta Rescue, Kolkata, W. Bengal [Community Dev]**
Sh. Asok Baral, Sh. Joginder Kundra, and Friends
- **Consumer Voice, Lajpat Nagar, New Delhi [Community Dev]** Sh. Arun & Ms. Padma Tatta Cariappa
- **Dardionu Rahat Fund, Ahmedabad [Community Service]**
Dr. Mahendra & Ms. Jyoti Nanavati
- **Dardi Sahayak, Ahmedabad [Community Service]**
Dr. Mahendra & Ms. Jyoti Nanavati
- **Divya Deepa Charitable Trust, Mysore, Karnataka [Community Dev & Education]** Dr. P. Harshavardhana, Sh. Joginder Kundra, and Friends
- **Ekal Vidyalay [Literacy]**
Sh. Joginder & Ms. Meera Kundra
- **Feeding India, New Delhi [Community Service]**
Ms. Sudesh Kapur family and friends
- **Jain Swetamber M.V. Mitra Sangh, Ahmedabad, Gujarat [Community Service]** Dr. Mahendra & Ms. Jyoti Nanavati, Sh. Pankaj & Ms. Rupa Nanavati
- **Kanchan Foundation, Bhavnagar, Gujarat [Community Service]** Dr. Anop & Ms. Renuka Vora Families
- **Makunda Christian Leprosy & General Hospital, Karimganj, Assam [Community Service]** Mr. Jesudas P. Sundararajan & Mrs. Rajasingh P. Valarmathy
- **Malvi Educational & Charitable Trust/Shantaba Vidyalay, Kukeri, Gujarat [Education]**
Sh. Ramesh & Ms. Jyoti Patel
- **Manav Kalyan Trust, Navsari, Gujarat [Community Service]** Dr. Mahendra & Ms. Jyoti Nanavati, Sh. Pankaj & Ms. Rupa Nanavati,
- **Nanritam, Purulia, and Nanritam Tumsong Village, W. Bengal [Community Dev]**
Sh. Joginder & Ms. Meera Kundra
- **Panjab University, Chandigarh [Motivation of Students]**
Chem. Eng. Class of 1969 Alumni & Bibi Amrit Kaur Scholarships c/o Dr. Bhav Sharma/Sh. Pritinder Singh Arora
- **Sh. Raj. Adhyatmik Sadhana Kendra, Koba, Gujarat [Community Service]** Dr. Mahendra & Ms. Jyoti Nanavati, Dr. Bipin & Ms. Kalpana Shah
- **RESQ Charitable Trust, Pune [Animal Welfare]**
Ms. Aruna Marathé
- **Ruchika-INSAF Platform School, Bhubaneswar & Education Center, Paradeep, Odisha [Education]**
8 INSAT Families & the India X Peace Corps Group c/o Bhav & Kaye
- **Sankara Eye Foundation, USA [Eye Care Services]**
Sh. Joginder & Ms. Meera Kundra
- **Seva Bharti, Abohar, Punjab [Community Service]**
Sh. P.K. & Ms. Suresh Malhotra & Family and Friends
- **SODHANA — Ramalingapuram, P'valasa A.P. [Community Dev, Women's Empowerment, & Education]** Dr. Santosh Chokhani, Dr. Gopal & Ms. Shibani Ghose Chotani, Sh. Joginder & Ms. Meera Kundra, Dr. Raj & Ms. Padmashri Lad, Dr. AJ & Ms. Thankamma Poullose, Dr. Jay & Ms. Shashi Shetty, Dr. Manoj & Ms. Maneesha Shrivastav, Dr. Bhav & Ms. Kaye Sharma
- **SOS Children's Home, Rajpura, Punjab [Education of Specific Children]** Sh. Kumar & Ms. Sudesh Kapur, Sh. Joginder & Ms. Meera Kundra, Dr. Raj & Ms. Padmashri Lad, Dr. Ashok & Ms. Usha Sachdev with Ms. Sucheta Sachdev, Dr. Bhav & Ms. Kaye Sharma
- **S.D. Girls Sr. Sec. School, Hoshiarpur, Punjab [Education]**
Sh. Surinder & Ms. Nirmal Maheshwary & Family
- **VSSM (Vicharta Samuday Samarthan Manch), Ahmedabad, Gujarat [Community Service],**
Sh. Chandra Vora and Friends and Family