



(Left to Right) Kinjal Shah, Rohini Reddy, Rakhshita Khungar, Ritu Sharma, Akriti, Sneha Kashyap Thakur, Bharti Agarwal, Chakshu Arora, Sapna Jha Gangwal, Devika Kattula, Cynthia Ceil Shah

About Us:

IDIA (Inspiring Divas In Austin/Americas) is a non for profit group **for the women, of the women and by the women**. We envision the world in which all South Asian women regardless of their age/ religion/color/shape/size/caste/creed/income level are brought together, nurtured, empowered and enabled to reach their fullest potential. We believe in being the torchbearers of building a self-sufficient women's community. With IDIA, we are doing this by providing a platform where women can connect, collaborate, communicate, and comprehend about their physical, mental, emotional, financial, and social wellbeing with other women in the community. We pledge to create a safe space filled with creativity, learning, life experiences, passion for the causes we care about, while keeping us united towards our vision. We are here to befriend a mentor/friend having the same interest as you (traveling/health/ fitness/baby-care/opinions or anything). We believe that all the south Asian women should help and support each other coz, **"why just seek help, let's be the help!" #idiabethechange**

From the editor's desk:

I was at a Starbucks on Friday afternoon, The Friday when the United States Supreme Court did a 360 and went back in time by overturning Roe V. Wade. There were some young girls buying drinks at the counter and I couldn't help but wonder what lies ahead for them and what impact this ruling will have on their lives and mine. I was displeased and disappointed at the judgement around passing laws on a woman's body.

This ruling is going to take away a woman's basic human right to make decisions on pregnancy and her body. For a woman, having a baby and being pregnant is a very beautiful yet personal decision which society, friends, parents or hell even her partner cannot dictate to her, and here we are in the 21st century, the government dictating it for her.

I have been madden by this ruling, because being a woman of reproductive age and living in the state of Texas, where abortions are restricted after 6 weeks this seemed like a doom. Currently, there are 8 states where abortion is banned. If you live in any of these five states, you might feel overwhelmed, inflamed and lonely. Do we deserve to feel this way? No, right!! But here is what you can do with the power of knowledge and information around us.

Here are some resources we @IDIA have gathered to help all the women around us, please spread the word and help each other:

- **Aidaccess.org** , is a group of doctors, activists and advocates for abortion rights based in Austria. They can mail abortion inducing medication straight to you if you are less than ten weeks pregnant and healthy.
- **Miscarriage and Abortion Hotlines** : Text or call +1(833) 246-2632 on the website for free medical advice.
- **Abortion Finders** : abortionfinder.org and ineedana.com.
- **Sign petitions** like this to help advocate change <https://chnq.it/vb7MTWfSGQ>
- Got an opinion on Abortion Rights- Meet State Rep. Donna Howard- Chairwoman of the Texas Women's Health Caucus.
- Get an abortion by mail - Setup a mail forwarding address in state with abortion rights. Sign up at an online abortion clinic -

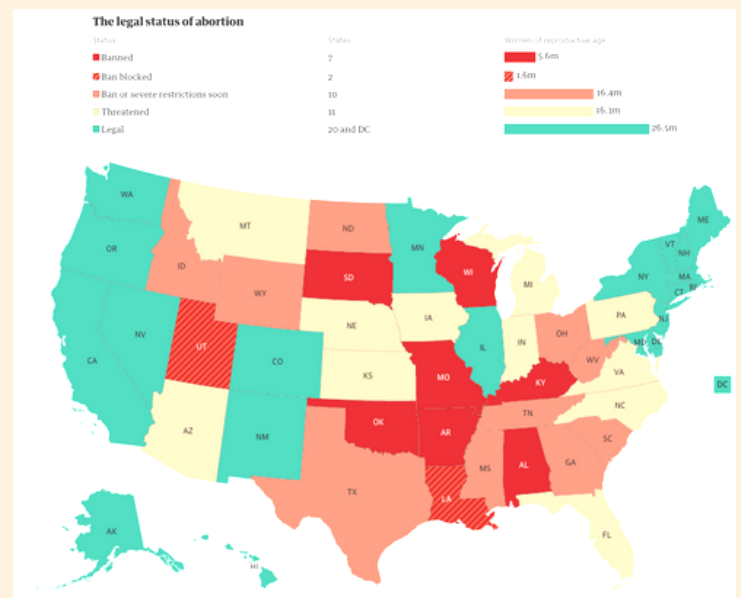


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with your new mail forwarding address.

- Consult with a tele-health medical provider. Receive an unmarked package at your address within 5 days. Take these safe and effective pills.

There is a quote that says "When the storms of life come, adjust your sails". The storm has come, but how can we adjust our sails? What can we do as immigrants, citizens in this land that we have made home? The least you can do is **Assess resources, Get involved in work being done in your local communities and above all have Hope.** HOPE, is the only way forward, to a future we envisioned for our daughters, sisters, friends and ourselves. To a free and liberal America, we all dreamed of and rightfully deserve.

Priyanka Bhatt
IDIA Editorial Team



Quarterly highlights!!!

More VENUS less MARS trip (Girl's trip to Corpus Christi) :

This April, IDIA organized an all-girls trip to Corpus Christi where 13 women embarked on a journey filled with fun, laughter, and experiences. We @IDIA feel that as women we spend most of our time fulfilling needs and providing for others. So this TRIP was focused on giving "FREEDOM to be YOU". We planned everything so that women on the journey can pause and snooze their clock from being caregivers and caretakers, busy professionals and worker bees, proactive family organizers and budget police, and finally, just be yourselves.

With this trip, **IDIA women got an opportunity to MAKE NEW FRIENDS, be COMFORTABLY EASY, align with the TRIBE & COMMUNITY, extend SUPPORT & STRETCH for each other, and JUST have MORE FUN** while traveling together with time to laugh, cook, meet total strangers, and then share stories of commonality and cultural differences. Hoping to see many more new faces next year.



Nukkad Adda (Networking Meetup):

This quarter our Nukkad Adda was setup in North-East Austin in Pflugerville at Starbucks. With "IDIA NUKKAD ADDA" our purpose as IDIA team is to create that one spot in every zone where women/girls can meet on a regular basis every month. Our ADDA/meet-up gathering will be held with or without specific themes, some of the themes we plan to follow are: generic meetup, wellbeing meetup, hiking meetup, bookclub, toastmaster, playdates with kids, volunteering activities, etc. 🙌🙌🙌

Next quarter our Adda will be coming to SOUTH-WEST AUSTIN, hoping to see a lot of South/South-West Austin women join as this is one opportunity every quarter to meet and greet with other South Asian women in the community. **Is it restricted to this location only??? NO NO NO, women of all locations can join!** Stay tuned for dates and location.

Little Steps of Hope (Hiking):

This May IDIA brought an all women hiking activity in Twin Falls and Sculpture Falls, a 3.2 mile long trail for IDIA members.

25 women packed their bags, tied their shoe laces and applied sunscreen to march forward towards little steps of hope with us into the wild for some fun conversations and definitely a little cardio? 😊😊😊

This hiking event taught us that **when women join hand, and move forward, they can move mountains and emerge on the top.**



International Yoga Day:

This International Yoga Day, IDIA organized an hour long session in Brushy Creek Lake Park, Cedar Park specially designed for women with **Shalini Sahu from YogaFun LLC.**

The session was a mix of meditation and core yoga poses which all women can perform daily. **YogaFun LLC also sponsored giveaways** for 5 of our women attendees.

IDIA wishes heartfelt congratulations to all the winners, love to participants and gratitude to YogaFun LLC for sponsoring!!

Featuring: "Moms Of IDIA" contest Winner



"A fond memory" Or "A letter to your Mom"

On the occasion of Mother's Day, IDIA asked all the beautiful divas to 'write a letter to mom' or 'share a fond memory with mom'. Many divas opened their hearts out on the IDIA page, some of which brought tears to everyone. One amongst all the lovely letters, was about a daughter who took us down the memory lane with her. It was a story about a daughter reliving her mom's life who left her a treasure. And that was the story shared by **"Manisha Kunal Kumar"**. Thank you so much for sharing this memory with us & Congratulations on winning the "MoMs of IDIA contest"

Here's a sneak peek to the story in her own words:

To my Beautiful MOTHER in HEAVEN... she left us so long before that I don't even have her latest last picture with us, unfortunately those were no smartphone days.... My favorite fond memory is from year 1999, when I just came to class 10th and my father was posted in Allahabad (he was in govt job)... one day during his banaras audit he bought beautiful Banarasi saree for mom on the occasion of their wedding anniversary as a surprise gift (which falls on may 4th) and he couriered the saree and it reached on time. We just came from school and saw this package and got really excited that what could be there inside it. On opening, we found this beautiful saree. My mom gets so emotional on seeing this and said, what can I do with saree as there will be no marriage now in our home, and on listening this without thinking I said to her, maa can I save this for me plz!!! Days passed, I forget this incident and THIS day came where my mom left us for forever and my dad got married again and she wiped all my mothers memories from the house. And the my marriage day came in November 2012, where I was going to my new home and my step-mother called me to show my bag which she packed for me and when I saw the bag, I couldn't believe my eyes, it was the same saree lying there and I didn't understand that is it the same or what could had happen, all of sudden my dad came and says to me "do you remember this saree? You've told your mother to secure it for you. So, today is that day, I'm handing over to you with her blessings in it." I just couldn't control it and stated crying and every bit of that day's memory comes back to me.... I entered my new home after marriage, by wearing that saree.... I attached the picture of my mom and me and also me wearing that saree on one Diwali, this precious saree is always with me wherever I go. After this incident, I realize that whether your mom is with you or not but her unconditional love and blessings are always with you.

HAPPY MOTHER'S DAY everyone!!

- Manisha Kunal Kumar

New Site Alert !!

IDIA-USA is now registered as a company on LinkedIn. Please go ahead and follow us for more updates here: <https://www.linkedin.com/company/idiausa/>

Advertise here!!

Want to get you/your business featured in our newsletter?
Shoot us an email to divasinaustin@gmail.com

New Member Alert !!

IDIA Welcomes Cynthia Ceil to the core team !!



Cynthia in her own words:

Hi, I am Cynthia originally from Kolkata, currently living in Lakeway. Am working as a Senior Product Manager in ECI Software. I found about IDIA while I was trying to find South Asian community for women to network. When I joined IDIA about 6 months ago, I wanted to make friends and memories in Austin but eventually I was motivated to build a community of Women Power and Bonding. IDIA has really helped me in balancing a personal as well as social space by meeting women from different phases in life, learning how others strengths can boost our weaknesses if we are empathetic and kind towards each other and how giving back to society empowers you from within. I was recently accepted to join the Core team, and now I can be a trailblazer in empowering women confidence, sharing her wins and sorrows while building more awareness to the Women Tribe. Finally I feel excited that I can contribute efficiently in building a self sustainable community for the women by the women and of the women. Let #idiabethechange

Upcoming Events

JULY
IDIA NEW EVENT

AUG
IDIA NUKKAD ADDA

SEPT
IDIA VOLUNTEERING EVENT