

# Namaste! from Bal Ashram



Dear Friends,

Our Bal Ashram family is ever growing and changing.  
To stay connected with you - our extended family -  
we created this yearly newsletter about the Ashram children.

We truly value your association with Bal Ashram.  
We thank you for your generosity and hope that you  
will continue to support our mission.

Sonoma Ashram Foundation



Fullness  
overflowing

## GRADUATES IN SERVICE OF THE ASHRAM



**RAMESH, 21**, studied commerce in a local college. He's very involved in the Ashram's Eco Park and takes care of the produce store.



**SUDHANSHU, 21**, completed his degree in Ayurvedic therapy from Vivekananda Yoga University, Bangalore.

Now Sudhanshu works in Banaras as massage therapist in fields of Ayurveda and naturopathy. He teaches yoga to younger Ashram boys and helps his brothers to stay healthy and fit.



**VISHWANATH, 20**, studies hospitality business in Banaras Hindu University—one of most reputable in India!

Vishwanath is a talented artist and decorated the Ashram's walls with beautiful murals. He is also good in sculpture and design of greeting cards.

## NEXT GENERATION



SHIVA, now 18, arrived to Bal Ashram at the age of 5.

Shiva is in 12th grade at Little Flowers House School. His focus is science and math. Shiva is preparing for high school graduation exams, thus he is studying hard with help of tutors. Shiva wants to pursue a career of mechanical engineering. In his free time Shiva enjoys working in the Ashram's Eco Park and playing cricket & badminton. He plays badminton for his school team.



Santosh is very friendly and social. He studies in 10th grade and enjoys Computer Science and English. Santosh is also very artistic and creative. He likes traditional Indian and contemporary dance. Santosh dreams of becoming a fashion designer.



SANTOSH, 16

## YOUNG TALENTS



SUMIT, 16, arrived to the Ashram 3 years ago. He was studying very hard to catch up with his peers.

Now Sumit is in 10th grade and is doing very well in Math and Science.

His true passion is crafts and model construction. He recently won state level competition in scientific modeling.

Sumit is also talented in sports. He plays badminton at state level championships.

Samyak studies in 9th grade, English and Science being his favorite subjects. From a young age Samyak was interested in electrical equipment. He sets up music systems and light decorations for Ashram's events. Samyak is good in sports, especially volleyball.



SAMYAK, 15



## STUDY STARS



DEEPAK, 14

Deepak is in 9th grade and is an A+ student. He excels in science.

Deepak also likes art and drawing. Soccer and cricket are his favorite sports.

Deepak's dream is to be an eye surgeon. As a child Deepak had some eye problems. With the Ashram's help he got professional treatment, and his vision is fine. Now Deepak wants to help other people facing the same challenge.

Amit studies in 7th grade and likes English most of all.

Amit enjoys practicing yoga at the Ashram. He participated in a yoga performance at his school and showed excellent results.

Amit is also interested in art and framing. He plans to study art in college.



AMIT, 14

## FIRST STUDENTS



SURAJ, 13

Last year Suraj joined his elder Ashram brothers in Little Flower House School. Just in one year he became the top student in his grade. Now Suraj is in 7th grade and loves studying Math.

Suraj does well in sports too. He enjoys swimming, basketball and soccer.

Suraj also received awards for skilled demonstration of yoga postures.

Darshan became a member of Ashram's family 3 years ago.

Now he is studying in 5th grade in Ashram's Anjali school. Darshan excels in studies, he is the first student in his grade. His favorite subjects are English and Sanskrit. In the future Darshan wants to become an English teacher.

Darshan is fond of music and dance. He shows his talents in every school performance.



DARSHAN, 12

## NATURE LOVERS



**BHANU, 12**, resumed 3rd grade in Ashram's Anjali school.

Most of all Bhanu enjoys playing with animals, especially with the Ashram's dogs. He dreams to become a professional dog trainer.



**KASHI, 11**

Kashi's favorite place is the Ashram's Eco Park. He is always happy to go across the river and take care of the cows!

Cooking and eating tasty food are among Kashi's hobbies.



**VIJAY, 11**

Vijay studies in 3rd grade in the Ashram's Anjali school.

Vijay likes playing with animals and gardening on Ashram's grounds. He readily helps in Ashram's kitchen with food preparations and clean-up.

Vijay is an active child who enjoys climbing trees, playing soccer and running races with his school mates.



## SPORTSMEN



SOHAM, 12

Soham is studying in 7th grade in Little Flower House School along with his Ashram brothers.

Soham likes Math and Hindi. He even wants to become a Math teacher.

Soham also enjoys sports, such as soccer and cricket.

Bharat is attending 5th grade at the Ashram's Anjali school. He is doing well, especially in Hindi and Math.

Bharat is a vivid and cheerful boy, always with a smile. He loves to play soccer, carom and cricket. Bharat recently won the school championship in carom game.

When he grows up, Bharat wants to be an aeronautical engineer.



BHARAT, 11



## SWEET HEARTS



GAGAN, 10

Gagan joined Bal Ashram 3 years ago and immediately felt at home.

Now Gagan is in 3rd grade in the Ashram's Anjali school. He does well in studies. His English is very good for a young child.

Gagan is active in sports. He likes soccer and swimming.

As of now Gagan wants to become a policeman.

Indra was brought to the Ashram as a baby. At that time Indra was so weak that he could not even crawl...

Now Indra is so active that no one can catch up with him! He is as fast as a lightning.

Indra joined kindergarten in the Ashram's Anjali school. He is very smart and curious about everything.

Indra has an elder sister Vidya. She is living and studying at the nearby Little Stars School. Vidya is very attached to Indra and frequently visits him.



INDRA, 6

## SUPPORT FURTHER GROWTH OF THE BAL ASHRAM BOYS!



*Find your happiness in the smiles of others!*

We count on your continuous support of the Bal Ashram boys. Please invite your friends, family and neighbors to join the Ashram sponsorship.

Annual sponsorship starts with \$500. There are two ways to contribute to Bal Ashram:

**1. Personal check (preferable):** payable to Sonoma Ashram Foundation; indicate in memo field "Bal Ashram sponsor" and mail to:

**Sonoma Ashram Foundation  
PO BOX 950, Sonoma, CA 95476**

A mail-in form available here:

[http://www.sonomaashram.org/how\\_you\\_can\\_help\\_donate\\_printable\\_form.php](http://www.sonomaashram.org/how_you_can_help_donate_printable_form.php)

**2. PayPal (system charges up to 10% transaction fee):**

Go to page below, fill out form; state in paypal comments field "Bal Ashram sponsor":

[http://www.sonomaashram.org/how\\_you\\_can\\_help\\_financial\\_contributions.php](http://www.sonomaashram.org/how_you_can_help_financial_contributions.php)

Sonoma Ashram Foundation is a 501(c)3 non-profit educational and service organization.

Contributions are tax-deductible as per IRS law. Tax ID #94-3151595.

We will e-mail you a receipt for your donation for tax purposes.

### For more information

Visit <http://www.sonomaashram.org/india-service-projects-bal-ashram.php>

Call 707-996-8915 or email [operations@sonomaashram.org](mailto:operations@sonomaashram.org)

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