



The

Soulfree

11th Annual report

2024 – 2025

Web: www.soulfree.org

PH: +91 9994282299 | +91 9994477147

Facebook & Instagram: SoulfreeTrust

Email: admin@soulfree.org | preethi@soulfree.org



FOUNDER's NOTE

Namaste Respected Donors and Well-Wishers,

As every year passes by, I feel more grateful that Soulfree is in every way unique because we are continuously daring to dream differently, to think out-of-the-box and choosing to remain uncompromising when it comes to the quality of our impact on our beneficiaries. I'm happy to be part of a team that isn't afraid to fight for what is right in the face of seemingly insurmountable challenges and thankful to all our sponsors and well-wishers who have believed in us and stood by our holistic and integrated approach to spinal-cord injury rehabilitation throughout.

I am very pleased to share with you the details of the activities and key accomplishments of Soulfree during the Financial Year 2024-2025.

Our INtegrated SPInal-cord REhabilitation (INSPIRE) Centre, that is into its third year of operations deploys a uniquely experiential, 'one-of-a-kind' framework that offers individualised and holistic treatment options. Our rehabilitation services aim to optimise self-reliance from a physiological, psychological and socio-economic perspective.

This year we have successfully transformed the lives of more than 100 Persons with Spinal Cord Injury, transforming those who came in as caterpillars into colourful butterflies with the ability to reintegrate into society

HIGHLIGHTS

Our Investment towards our Outreach program was ₹1.27 crores. A snapshot is provided below:

➤ Gift Boxes	1603
➤ Wheelchairs with cushions	217
➤ Cots, Mattresses and Airbed	100
➤ Tailoring Machines	75
➤ Wheelchair Cushions	130
➤ Airbeds	104

The Holistic Rehabilitation investment (cost) was ₹1.73 crores

Residents at the beginning of the year - 41

Admissions - 100

Discharges - 102

Number of residents at the end of the year (31 March 2025) – 39

Total number of services to residents during the year is close to 80,000

The Soulfree INSPIRE Centre at Tiruvannamalai is slowly but surely emerging as a True Centre For Excellence And Research In The Holistic Management Of Life After Spinal Cord Injury. Towards the fulfilment of this endeavour, we are also hoping to expand into a 100 bedded Centre and move to a state-of-the-art campus that will also house our projects that are currently under development.

I wish to wholeheartedly thank all our staff who work so hard to positively impact the lives of our beneficiaries and equip them with the skills and resources they need to re-establish dignified living.

I also wish to express my deepest gratitude to our managing and advisory board members, our donors and all our well-wishers, without whom our projects could not be successful. We invite you all to visit our centre in 2025 and personally experience the transformative nature of our service.

















Our visibility is growing and this financial year we have received 8 awards including the Amazing Indians 2024 award in the Healthcare and Sanitisation category. We have a lot to be thankful for, but we also have a lifetime of work ahead of us and we are ready with utmost commitment and drive to take it forward, with your love, support and blessing.

Thank you,



Preethi Srinivasan
Founder Trustee

WHAT DO WE DO AT SOULFREE?

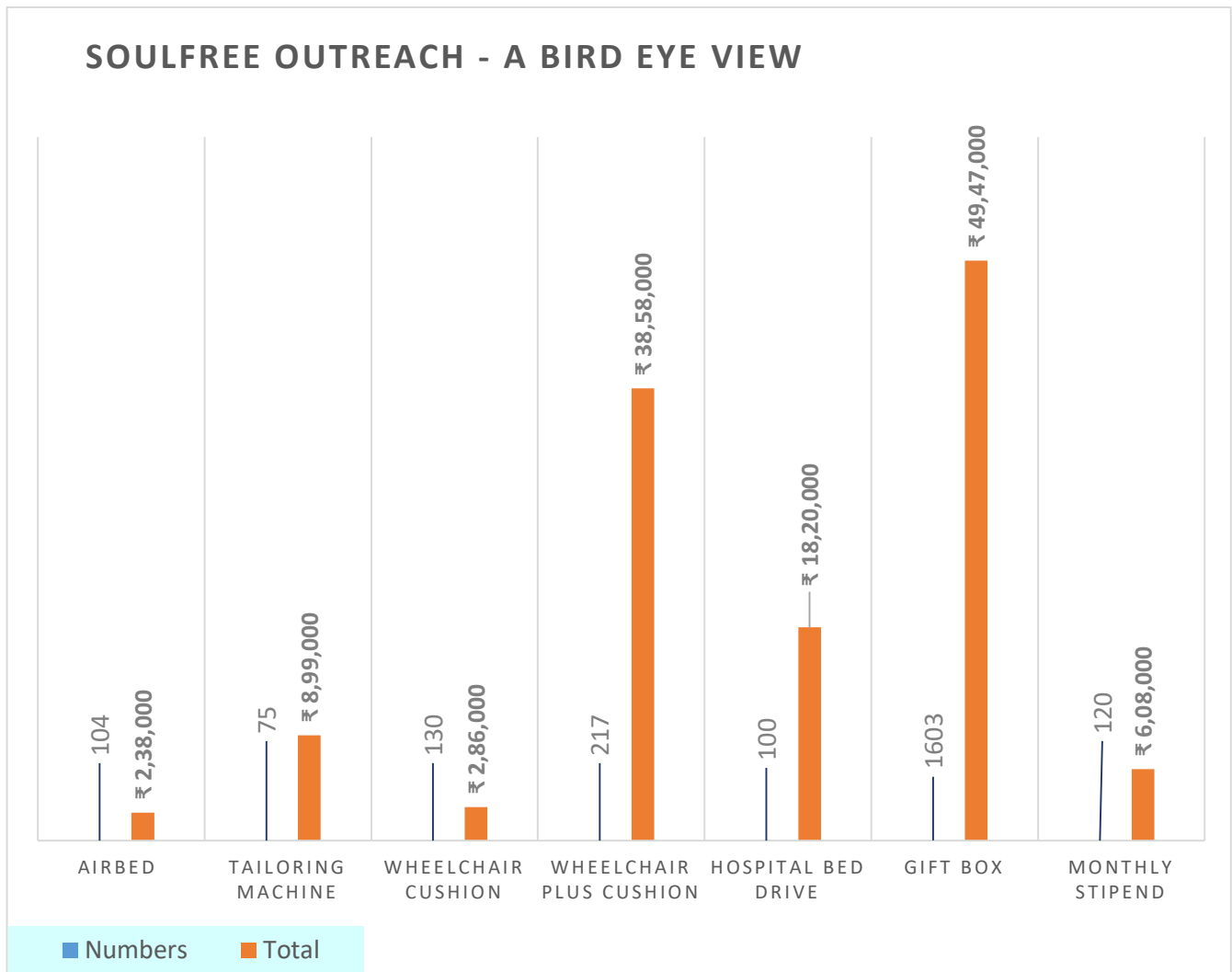
Soulfree Outreach			Soulfree INSPIRE		
 Wheelchair drive	 Wheelchair cushion drive	 Airbed Drive	 Ayurveda	 X-ray	 Ultra sound
 Hospital drive	 Monthly Stipend	 Tailoring Machine Drive	 Physio & Hydro Therapy	 Therapeutic massage	 Magneto-therapy
 Gift box drive			 Occupational therapy	 Psychological counseling	 Vocational Training

SOULFREE 2024 – 2025 HIGHLIGHTS

- ⚙ Soulfree's Giftbox drive delivers Smiles to 1600+ beneficiaries that is worth close to Rs. 50 Lakhs
- ⚙ Soulfree Wheelchair with Cushion Drive lights up the lives of 200+ beneficiaries; worth close to Rs. 40 Lakhs this year
- ⚙ Soulfree's Monthly Stipend Program is proud to transform 40+ beneficiaries, with an investment of almost 6 lakhs
- ⚙ Soulfree Wheelchair Cushion Drive spends close to Rs. 3 Lakhs protecting 130 beneficiaries from pressure sores
- ⚙ Soulfree Airbed Drive touches 100+ beneficiaries and invests more than Rs. 2 Lakhs this year
- ⚙ Soulfree Hospital Bed Drive spends close to Rs. 18 Lakhs this year so that 100 beneficiaries have a good night's sleep
- ⚙ Soulfree has received 8 awards and received much respect and recognition for our transformative services

SOULFREE OUTREACH – A PICTORIAL DEPICTION

DRIVE	NUMBERS	TOTAL
Airbed	104	₹ 2,38,000
Tailoring Machine	75	₹ 8,99,000
Wheelchair Cushion	130	₹ 2,86,000
Wheelchair Plus Cushion	217	₹ 38,58,000
Hospital Bed Drive	100	₹ 18,20,000
Gift Box	1603	₹ 49,47,000
Monthly Stipend	120	₹ 6,08,000
Total Outreach 24-25		₹ 1,26,56,000



Soulfree Gift Box Drive

One of Soulfree's oldest and most impactful drives has been our gift box donation drive. It is our effort to restore the sense of value and dignity, and provide a sense of hope and happiness to our beneficiaries. Our gift box provides them with their medical and day-to-day essentials. This year, we have supported 1603 beneficiaries, who live below the line of poverty.



A Glimpse of OUR beneficiaries



Visual of the items comprising the Giftbox



SOULFREE HOSPITAL COT, MATTRESS AND AIRBED DRIVE

After hearing about beneficiaries who were forced to lie on the floor, Soulfree took a strong decision that we would traverse through the many challenges regarding price and size of Hospital cots, mattresses and airbeds and provide these to our beneficiaries as a set to ensure their comfort, safety and prevention of bedsores. This time Soulfree started the new year providing **100** Hospital beds. The total investment for this drive was a more than **15** Lakh. We were overwhelmed when many of our beneficiaries called to express their deepest gratitude and said that this “was the best gift they had ever received in their lives.” Airbeds have been provided separately for those with bedsores as well.

Amutha from Vellore, a paraplegic due to a bus Accident says, “*Akka (they fondly address Our Founder Preethi Srinivasan as Elder Sister or “Akka”), With Preethi ma’am voice message on bedsores and proper use of Airbed, I am free of bed sore after eight years*”

Sundar from Kanyakumari, had a fall while he was working on a construction site. Having recently lost his mother said “*Madam, thank you for letting me know there is someone out there willing to take care of us*”



SOULFREE MANUAL WHEELCHAIR AND CUSHION DRIVE

A suitable wheelchair is an essential and existential need for any individual facing permanent paralysis after spinal cord injury. Soulfree has always recognised this, but this year, we did 217 wheelchairs in a single drive, which was tremendously challenging as well as fulfilling for us.

Soulfree provides not only wheelchairs with precise specifications to suit PwSCI, we also provide gel embedded cushion that are specially designed to minimise bedsores along with each new wheelchair. Others who have wheelchairs but are facing pressure sores have been provided cushions separately as well.

Dhanasekaran P from Namakkal a Quadriplegic with 3 kids and his wife a daily-wage worker, was delighted on receiving the wheelchair cushion. He says *"Preethi Ma'am, this is the first gift I have received since my accident"*. He wipes his tears and says, *"I will not cry I will be brave like Preethi Ma'am!"* Malliswari P from Erode is elated that she can now sit for extended hours working with her tailoring machine and this will help get more orders. Without the customised wheelchair and cushion I used be in too much pain to sit for more than an hour or two.

A GLIMPSE OF OUR BENEFICIARIES





SOULFREE TAILORING MACHINE DRIVE

As much as physical and psychological wellbeing are important for PwSCI, for restoration of dignity and reintegration into society, socio-economic and primarily financial sustainability is paramount. Soulfree takes great pride in its one-of-a-kind vocational rehabilitation program that has produced many entrepreneurs. To this end, we are providing certification courses in tailoring at our centre but without an automated tailoring machine, our butterflies would not be able to start earning on their own. Therefore, in the last financial year, Soulfree has provided 75 tailoring machines, which has created income generation of vital importance to their families.

FEEDBACK FROM OUR DELIGHTED BENEFICIARIES

Our beneficiaries for more than 2 years now, Mr Lingam has received quite a bit of support from our outreach programs including wheelchair and hospital bed. However, with his wife struggling as a daily-wage worker, the 43-year-old was struggling to educate his daughter. Now, the tailoring machine is helping him earn for himself and his family.



"Thank you is a small word, I am unable express my happiness in words. This is not only going to improve my quality-of-life and sense of self-worth but it's going to make a big difference for my family as well.. I pray Soulfree does more drives like this that can transform our lives."

- Lingam from Tenkasi

The 23-year-old hard-working and enterprising youngster, Mr Prakash sustained a spinal-cord injury after a terrible electric shock at his workplace in 2020. He has been supporting his family, as they face of use and many struggles because of his alcoholic father, by running a small shop. With the help of our sewing machine, he is providing this additional service to his community and thereby is greatly improved his chances of significantly improving income. This Positive and enthusiastic youngster is thrilled and happy.

"I want to be a motivation to all SCI, just like Preethi ma'am. I want to become a role model like her and someday hope to support others like me, not just my family. Just like Soulfree has helped me today, I hope to empower others to face life like I am."

- Prakash From Ariyalur



SOULFREE MONTHLY STIPEND PROGRAM

More than half of our beneficiaries come from broken homes and families, they come to Soulfree as their last hope. These are beneficiaries who are not able to take Soulfree's Rehabilitation due to comorbidities or other serious constraints, but they are literally struggling for day-to-day survival. So, Soulfree provides them with a monthly stipend of 2000-5000 for the period of one year. During this time, we counsel them and try to motivate them to become self-reliant. At the end of the year, the goal is that they will themselves say, "I am now able to support myself and my family financially. You can give the stipend to somebody else who is in need." This Monthly Stipend Program restores hope, dignity and a sense of being valued to the lives of beneficiaries. It is our oldest drive and it fulfils a vital need. Once they regain the confidence that they can survive in the world, everything becomes possible and the monthly stipend program gives them this initial boost.



"With your stipend I am able to fix the leaking roof of the house and eat good food"

His mother his only caretaker is overwhelmed she says, "Thank you, Madam. You are the only family we have and we will be ever grateful"

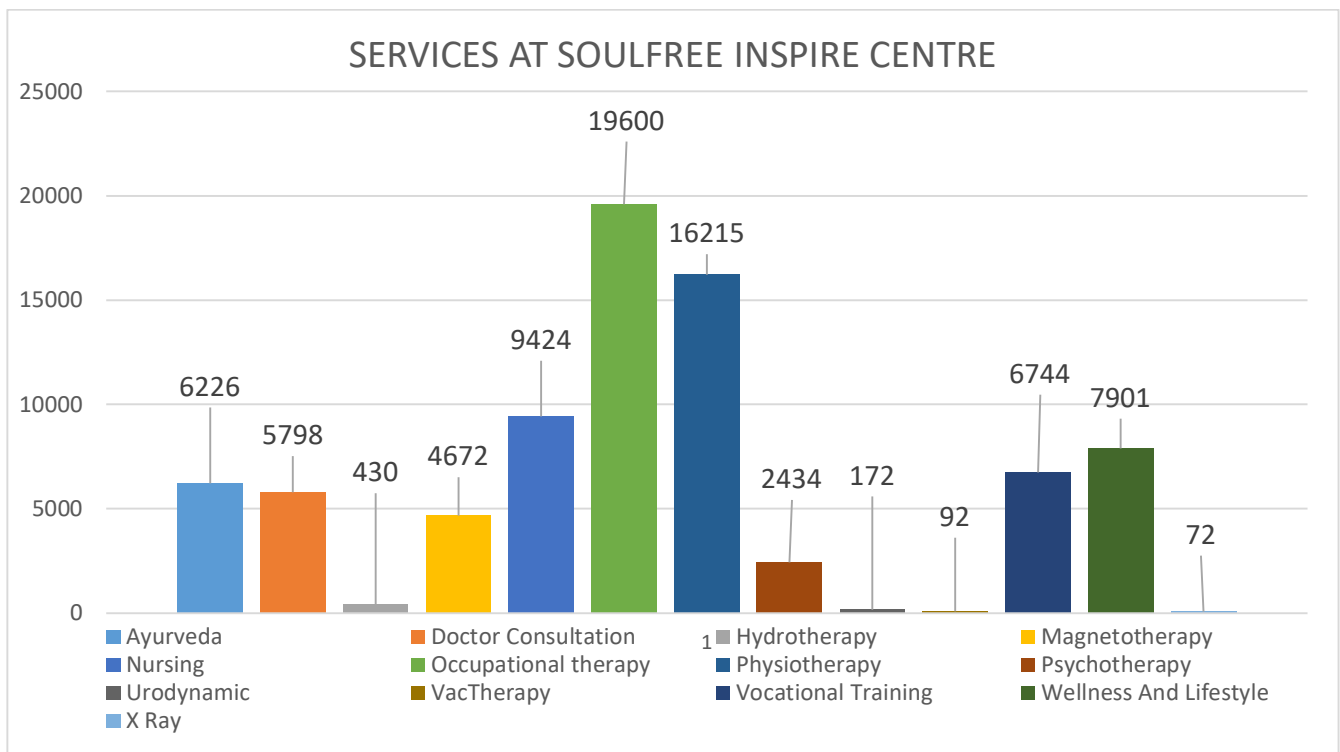
-Manikandan Arumugam and his mother

SOULFREE INSPIRE CENTRE

Holistic and individualised treatment programs aimed at transformation



A Glimpse of Services at Soulfree INSPIRE Centre



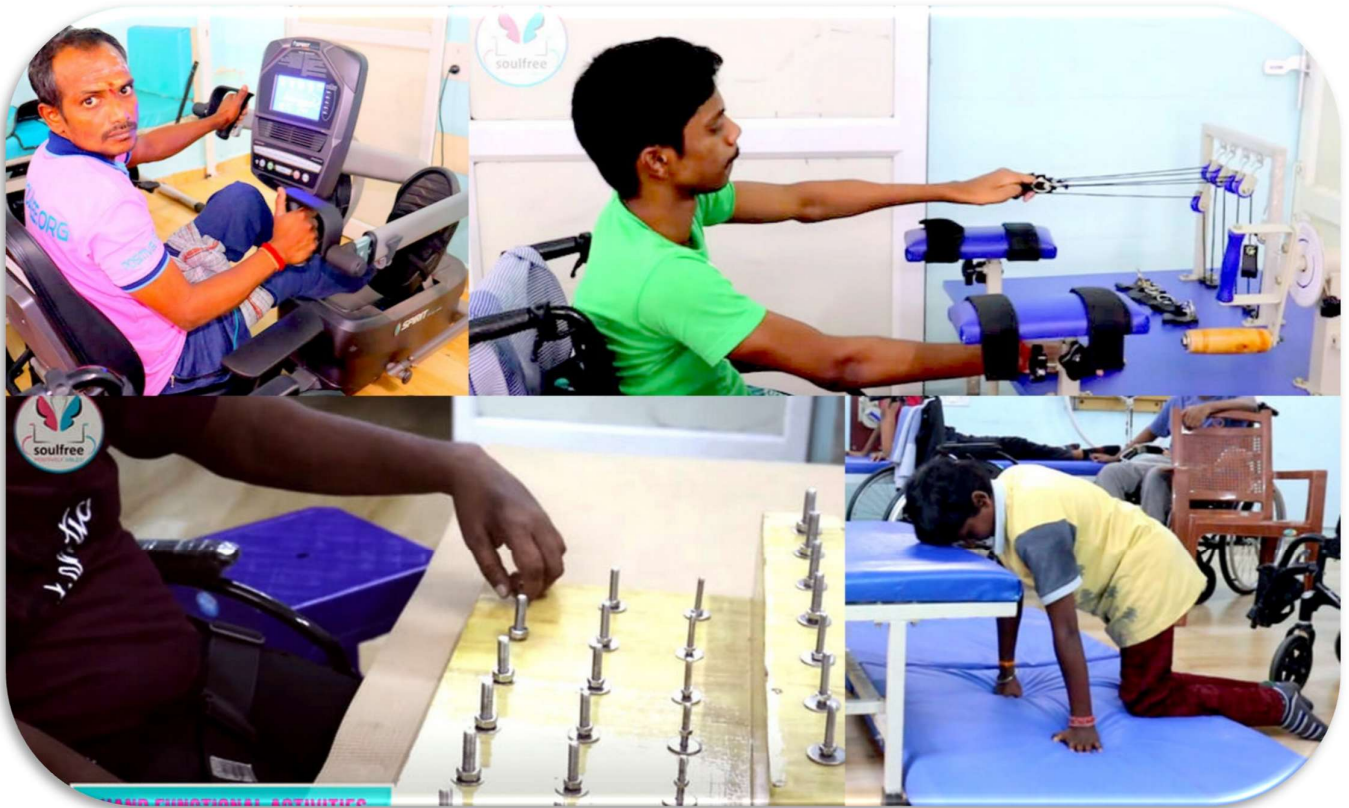
Hydrotherapy

Specialised Hydrotherapy training for the trainers

by international experts



Occupational Therapy



Physiotherapy



Ayurvedic Therapy



Vocational Training



Medical Camps, Lifestyle enhancement workshop and therapies





Fun outings and Social integration





Sense of Belonging



Glimpses of our success stories

VELU S SFMA2024TN0059



<https://www.youtube.com/watch?v=zzB8cOxOCtY>

Selvam S SFMA2024TN0028



<https://www.youtube.com/watch?v=bGo8qrJce-O>

Here are links to few more success stories

Karthikeyan A	SFMA2023TN0038	https://youtu.be/OTsjNmDZh7Q?feature=shared
Krishna S	SFMA2024TN0014	https://youtu.be/tbSRPUg5Vlw?feature=shared
Ragu A	SFMA2024TN0043	https://youtu.be/JpJCcR43KaA?feature=shared
Rajesh Kumar R	SFMA2023TN0040	https://youtu.be/n80cWrD8iLo?feature=shared
Kalidas P	SFMA2023TN0072	https://youtu.be/AxH6MHRXmPw?feature=shared

Soulfree team



We wish to thank our valuable sponsors

4S Foundations, USA	Kausalya Constructions
Aciesind Private Ltd.	Madras Seva Sadan
Adyar Ananda Bhavan	Manasa Seva Trust
AKS Charitable Trust	Manu C Joy
Akshara Industries	Maxlinear
Anil Kumar Sood	Omega Healthcare
Aptus Housing Finance	Qubercomm Technologies
Arudra Engineers	Ramrod advisors
Archean Chemicals	Roca-Parryware
A V Thomas group	Rotary Clubs
Balaji Ardhanari	Rotork Controls
Bombay Spine	Rox Hitech
CAMS	RR Donnelley
Careworks	RYA metro
DataTracks	Sathya Sai Balvikas
Deserving Causes India, USA	Sharitha Jain Foundation
Ekam Foundation Inc. USA	Siemens
Entrust Software	Solo Creations, USA
Goodearth Maritime Pvt Ltd	South India Shelters
Give Foundation	Srinidhi Credit
Guru Krupa Foundation Inc. USA	Sundar Shankar Charitable Trust
IGP Engineers Pvt Ltd	Sundaram Home Finance
India Cements	Sundaram Finance
India Inclusion	Supa Educational Trust
Innerwheel Clubs	Synergistix
Ion Foundation (Ion Exchange)	The Aura
ITD Cementation	Updater Services
Johnson Lifts	Value Labs
Kone Elevators	Zoho Corporation
And, various other Donors	