



THE

SOULFREE

10TH ANNUAL REPORT

2022-2023

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FOUNDER'S NOTE

When my mother needed bypass surgery and my father's friends asked me, "What if there comes a time when your family is unable to protect and take care of you, what will you do, where will you go?" I was shaken beyond words. And, my mother said very casually, "I have faith in you, you be the change. I know you can do it." I was aghast. I said, "No Way, I can't even take care of myself; how am I going to run an institution?"



However, by the time we returned to Tiruvannamalai from Chennai 3 months later, 2 paraplegic girls had succumbed after their own families had coerced them to take their own lives due to their perceived disability. That's when I decided to throw away fear and doubt and nearly 2 years later, **Soulfree** was officially registered on August 23, 2013.

A decade later, Soulfree has thrived and it has been a memorable and magnificent journey to say the least. According to the Economic Times, only 8% of start-ups make it through the first 8 years, but Soulfree has done so against all odds thanks to the love, care, respect and support I have received. The fact that we are supporting nearly 2300 Persons with Spinal Cord Injury now, who face permanent paralysis and a terrible struggle for survival, brings tears to my eyes.

The Soulfree INSPIRE Centre at Tiruvannamalai is slowly but surely moving to become a True Centre For Excellence And Research In The Holistic Management Of Life After Spinal Cord Injury. Our unique framework could be the blueprint for other such Spinal Cord Injury Rehabilitation Centres across India and the Global South.

We celebrated our first major milestone over an extended fortnight during which many of our sponsors, well-wishers and government officials and celebrities visited our centre. "On a very personal note, having the legendary playback singer Mr Srinivas sing Happy Birthday to me was one of the highlights of my year!"

I wish to wholeheartedly thank all our staff who work so hard to positively impact the lives of our beneficiaries and in fact transform them so that they may become completely reintegrated into mainstream society.

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 2024 and personally experience the transformative nature of our service. I still do not have an answer to my mother's fundamental question, but I'm working on it and I need your help to make the Soulfree Shambala Village and our future projects a reality. Thank you!

Preethi Srinivasan – Founder Trustee

SOULFREE 2022 - 2023 HIGHLIGHTS

- ⚙ 23rd August, 2023 marks the completion of 10 Years of Soulfree's service to Persons with Spinal Cord Injury.
- ⚙ With the magnificent performance of the Holistic framework used in the Soulfree INSPIRE Centre being so transformative, we can truly say that the Soulfree INSPIRE Centre offers International Standards Of Care, free of cost to those living below the line of poverty
- ⚙ Our Total Investment towards our Outreach program was close to ₹ 1.5 crores, improving the basic quality-of-life of many who wouldn't survive for long without this vital support
- ⚙ The Total Value Of Services (*what they would pay elsewhere if they went to a facility that provided similar services commercially*) provided towards the Holistic rehabilitation of our residents was more than ₹ 4.15 crores
 - Total Number Of Services Were Around 59000
 - Total Number Of Admissions Were More Than 138
 - Total Discharges After Successful Rehabilitation Were Close To 100
 - Total Number Of Residents Currently Present At Our Centre Are 38
- ⚙ Hydrotherapy, Table tennis and many other workshops were conducted routinely for self-improvement and multi-pronged learning
- ⚙ The two-week period from August, 23rd 2023 (the day we completed 10 years of service) till September 7, 2023, a special guest was present every day and many live performances, sports, free Medical Treatment camps were conducted
- ⚙ On the 5th of September, World Spinal Cord Injury Day a Massive Awareness Rally was organised with more than 100 wheelchair users and supporters rallying to spread awareness about the harsh reality of spinal cord injury, termed "the world's most debilitating condition" by the WHO
- ⚙ The Honourable Chief Minister, the Public Works Minister, the Secretary For Health, the Director for the Welfare of the Differently-Abled in Tamil Nadu, along with other Respected Government Officials visited our centre and were very impressed
- ⚙ Soulfree is very keen to set up 3 new projects – SoulVoice, Soulcare and the Soulfree Shambala Village – and has begun doing the groundwork towards establishing these impactful projects so that Soulfree keeps reaching new heights in the decades to come

SOULFREE OUTREACH PROGRAM DETAILS

Our Outreach Programs are what put Soulfree on the map. It helped us connect with our beneficiaries, who really needed our help and we were able to truly create a tremendous positive impact despite having no infrastructure and almost no staff or support system

It was a huge learning curve, right from digitalisation of our beneficiary database, to identifying vendors, learning how to negotiate to get the best quality product for the best price and find reliable vendors who would deliver on time.

In the process, we have created a well-oiled system that seamlessly identifies our beneficiaries' most pressing needs and provides it to them, free of cost and delivered directly to their homes to ensure that they are able to lead a life of dignity and purpose

In previous years, when they suffered with bed sores and other co-morbidities that left them feeling helpless, we suffered along with them, unable to truly provide much more than financial support. However, since the Soulfree INSPIRE Centre has been established, we can confidently tell them that we will take care of them and we have the infrastructure, skilled team and an entire ecosystem to transform their lives.

Soulfree started with a single goal. "No one should be forced to commit suicide or be abandoned onto the streets because of a physical condition they have no control over." To some extent we have made strides to fulfill our goal, but we surely have a lifetime of work ahead of us.

We have only touched the tip of the iceberg, but it is our Outreach Programs that have introduced Soulfree to the people in need and helped us build a strong database, one that even the government does not have.

Our impactful projects like the Gift Box Drive, Hospital Bed and Airbed Drives, Wheelchair, Wheelchair Cushion and Shower/Wheelchair Drives, along with the counselling, financial and the holistic psycho-social support we offer, has made Soulfree indispensable to those we support.

In the coming decade, we hope to reach out to persons in need from other states and touch many more lives.

As of today, our Outreach Programs have touched the lives of and brought smiles to 2319 beneficiaries.

SOULFREE GIFT BOX DRIVE

The Soulfree Gift Box Drive is perhaps one of the most eagerly awaited and impactful drives that has touched most lives. It has deeply endeared us in the hearts of those who would not be able to survive through the year without the medical supplies and other essential products



we provide.

We started at around 50 beneficiaries and this year, our drive has supported more than 1300 Persons with Spinal-Cord Injury (PwSCI) from disadvantaged backgrounds.

The Gift Box comprises of more than 40 individualised medical and day-to-day essentials.

Or, we may say it provides them with a sense of joy, hope, happiness and the sense of being valued. However, for our beneficiaries, it is one step more. They say they feel like it is their “தாய்-வீட்டு-சீதனம்” (Gift from Our Mother),“ or that “இந்தியாவின் உண்மையான தீண்டத்தகாத மக்களுக்கு சோல்ஃப்ரீ சேவை செய்கிறது (Soulfree serves the true untouchables of India). So many beneficiaries call just to say “thank you for remembering us”. These pure emotions and their prayers have kept Soulfree ‘Going and Growing’ and this year Soulfree has provided Gift Box to 1300 beneficiaries, amounting Rupees 48,00,000. We

SOULFREE GIFTBOX DRIVE

DRIVE	Number	Amount
GIFTBOX DRIVE	1300	₹ 48,00,000

wish to express our deepest gratitude to Value Labs, our truly valuable donor who has supported us from the beginning. Soulfree

takes great pride in our unique packaging process, which has an external code that allows us to individually pack so many boxes with perfect accuracy with the help of our staff, who residents and special student volunteers from various schools.

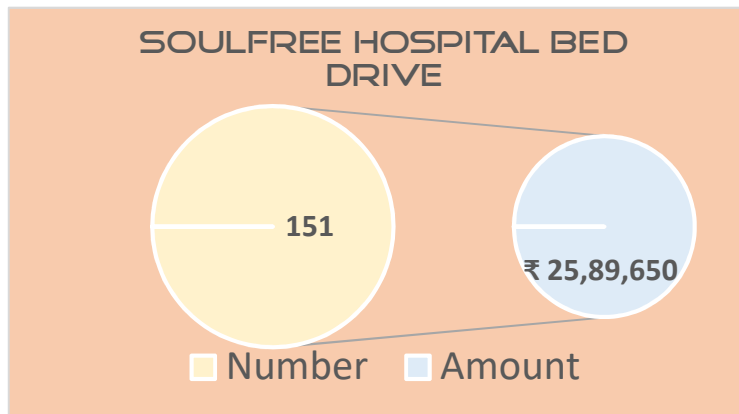


SOULFREE HOSPITAL BED DRIVE

After a long day of work, we all yearn for a good night's sleep. For most of us we just need to do is crash to bed, but for some of us this is a luxury. Both the opportunity to do fulfilling work through the day and the ability to get into a warm bed are impossible.

SOULFREE HOSPITAL BED DRIVE

DRIVE	Number	Amount
HOSPITAL BED	151	₹ 25,89,650



For those who are bedridden, who need help to be shifted into a wheelchair or even turned from one side to another to prevent from life threatening bedsores or pressure sores, life can become a nightmare. Many of them are forced to sleep on the floor and develop many life-threatening co-morbidities.

Soulfree has always put itself in their shoes and have done due diligence. This year Soulfree has provided 151 Hospital Bed Along with Airbeds



SOULFREE MANUAL WHEELCHAIR DRIVE

Over the last 10 years with every outreach program Soulfree has had only one motto, transforming tears into smiles and that's what keeps us growing.

Here is a small activity for you...

Could you stand up and just move your hands and legs and then ... STATUE!

Just press pause and become a statue... You can check how long you are able to stay without movement and it will give you a glimpse into the challenge of being paralysed for life.

What if you can't even move to save your own life, can't move to hit a mosquito, can't move to eat your own food or have a bath or stop your body from rotting... Food for thought

This is the grim reality faced by all our beneficiaries. They were all totally fine, like you and me,

until a traumatic accident left them paralysed due to spinal cord injury. Many of them are youngsters, some teenagers and some in their early twenties, just married with young children.

Quite often Soulfree gets calls from beneficiaries who have not moved out of their bed for years together and request for a wheelchair. Soulfree Takes Great pride in providing the best quality wheelchair with wheelchair cushion

SOULFREE MANUAL WHEELCHAIR

Number 416

Amount
₹ 63,44,000

Number Amount

SOULFREE MANUAL WHEELCHAIR DRIVE

DRIVE MANUAL WHEELCHAIR	Number 416	Amount ₹ 63,44,000



SOULFREE WHEELCHAIR CUSHION DRIVE

As much as a Wheelchair is a boon for the beneficiaries, imagine the agony if one has to sit on it with absolutely no movement for 10 to 12 hours a day. This may potentially lead to deadly

SOULFREE WC CUSHION DRIVE

216

₹ 4,53,600

■ Number ■ Amount

SOULFREE WHEELCHAIR CUSHION DRIVE

DRIVE	Number	Amount
WHEELCHAIR CUSHION	216	₹ 4,53,600

bed sores / pressure ulcers. These are the primary cause of death in persons with SCI.

In order to prevent such life-threatening ulcers, Soulfree provides special gel-embedded Memory foam cushions that provide both balance as well as protection.

Soulfree ensures every wheelchair is provided with cushion to ensure that they do not suffer life threatening bed sores.



SOULFREE AIRBED DRIVE

I received a phone call today from a 60+ year old man. He had become a quadriplegic a few years back and there was nobody to care for him. Without being shifted and given any chance to move, he had developed bad bed sores. He wanted help for cleaning and dressing the

wounds. However, with no family to support him, he could not travel or come to the Soulfree INSPIRE Centre. While we could provide guidance, there was little more we could do.

Quadriplegics, those whose hands and finger movement are also impaired, are the ones who need the most care. As they are dependent on others for their most vital and basic requirements, most of them do not even survive for one year after the accident.

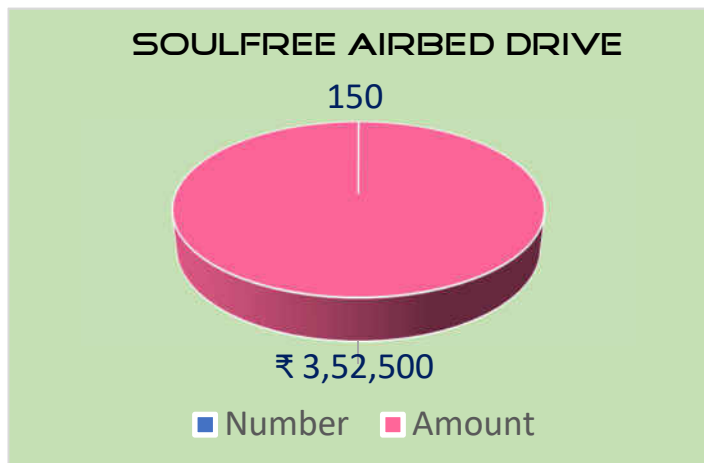
They develop bed sores, urinary tract issues due to neglect, abandonment and ignorance about how to take care of their condition. Without a hospital bed and an airbed that keeps automatically shifting

them, they don't last very long without good quality family support.

Every Fourth resident who gets admitted into the Soulfree INSPIRE Centre arrives with bedsores and it months for them to heal completely.

Infected pressure ulcers that become septic cause thousands of deaths this year. (National Institutes for Health (NIH)). It often appears in the most sensitive parts of the body and just the thought of it could be painful or make you cringe.

We at Soulfree still lose sleep when our beneficiaries call us and say "Our body is burning ma'am we feel like blocks of Ice can only help us", Soulfree makes it a priority to provide a high-quality airbed all our beneficiaries who are in need.



SOULFREE AIRBED DRIVE

DRIVE	Number	Amount
AIRBED	150	₹ 3,52,500



SOULFREE TAILORING MACHINE DRIVE

Over a decade of stark experience, we have found that no matter how much training, support and counselling we provide, if our beneficiaries are not in a position to earn and become financially self-sufficient, they regress over a period of time. So, it is our key goal to ensure

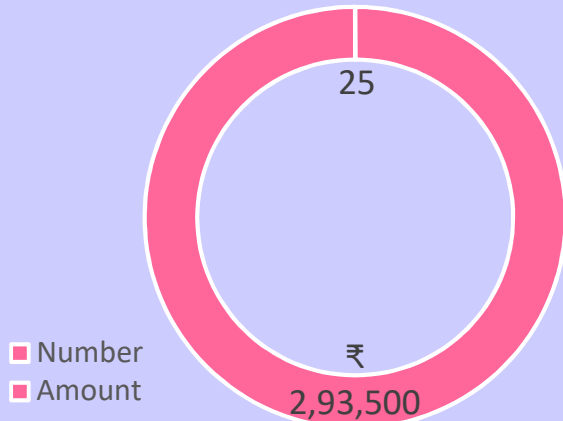
financial independence in some way or the other for our beneficiaries.

At the Soulfree INSPIRE Centre we provide a Certification Course in tailoring. The training is comprehensive and can enable them to gain sustainable financial independence. However, without a motorised, hand-operated tailoring machine, once they go back home, they can't do anything.

While we have fulfilled ad hoc

requests before, for the first time we did a Pilot Tailoring Machine drive, which included free home delivery, installation and training by the manufacturer. It has been extremely fulfilling to see people who came in unable to make eye contact because they were so depressed and lost become so self-confident and able to become earning and respected members of society. This is what Soulfree is all about. This is what keeps us going.

SOULFREE TAILORING MACHINE



SOULFREE TAILORING MACHINE DRIVE

DRIVE	Number	Amount
TAILORING MACHINE	25	₹ 2,93,500



SOULFREE MONTHLY STIPEND PROGRAM

Soulfree has always been there for its beneficiaries who have been neglected and outcasted. This is one program which will always stay close to Soulfree. It all starts with a call which said “We are drinking tea and biscuits. We don’t have anything

MONTHLY STIPEND PROGRAM

❏ Number ❏ Amount

Beneficiaries 20

Monthly Stipend
Program, ₹ 4,80,000

else to eat.” “I have lost my spouse who was earning and taking care of me”. Our Founder Preethi Srinivasan started with 30+ beneficiaries in 2014. As of 2023, Soulfree has provided monthly stipend to nearly 200 families every year. Over the last decade, on the first of every month the stipend is transferred to our beneficiaries’

SOULFREE MONTHLY STIPEND PROGRAM

DRIVE	Number	Amount
MONTHLY STIPEND PROGRAM	20	₹ 4,80,000

bank account. Today Beneficiaries say “We know today is first because we have received our stipend”, “We are able to get our medical supplies without asking anyone”, “We are able to live with dignity”. This is perhaps the most prestigious award Soulfree can ever get.



SOULFREE INSPIRE CENTRE

The Soulfree INSPIRE Centre is India's First INTeGrated SPInal REhabilitation Centre. It aims to become a True Centre for Excellence in the Research and Holistic Management of Life After Spinal Cord Injury.

After its official inauguration by the Honourable Chief Minister of Tamil Nadu, Thiru M. K. Stalin on December 3, 2021, the Centre has provided transformative services as follows...

- ✧ With the magnificent performance of the Holistic framework used in the Soulfree INSPIRE Centre being so transformative, we can truly say that the Soulfree INSPIRE Centre offers International Standards Of Care, free of cost to those living below the line of poverty
- ✧ The Total Value Of Services (*what they would pay elsewhere if they want to a facility that provided similar services commercially*) provided towards the Holistic rehabilitation of our residents was more than ₹ 4.15 crores
 - Total number of services were around 59000
 - Total number of admission were more than 138
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 - Total number of residents currently present at our centre are 38
- ✧ Hydrotherapy, Table tennis and many other workshops were conducted routinely for self-improvement and multi-pronged learning
- ✧ The two-week period from August, 23rd 2023 (the day we completed 10 years of service) till September 7, 2023, a special guest was present every day and many live performances, sports, free Medical Treatment camps were conducted
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- ✧ The Honourable Chief Minister, the Public Works Minister, the Secretary For Health, the Director for the Welfare of the Differently-Abled in Tamil Nadu, along with other Respected Government Officials visited our centre and were very impressed

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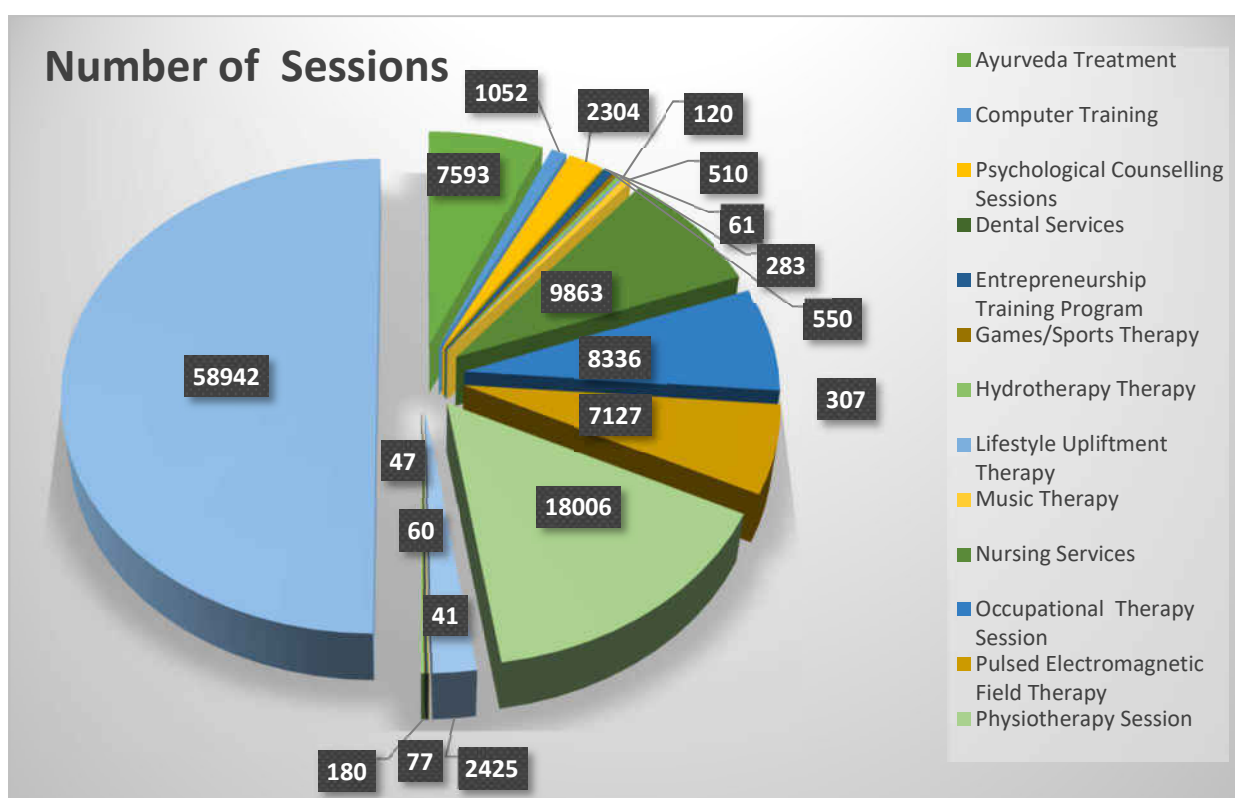
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LIST OF SERVICES AND NUMBER OF SESSIONS PROVIDED

SERVICES NAME	SESSIONS
AYURVEDA TREATMENT	7,593
COMPUTER TRAINING	1,052
PSYCHOLOGICAL COUNSELLING SESSIONS	2,304
DENTAL SERVICES	61
ENTREPRENEURSHIP TRAINING PROGRAM	550
GAMES/SPORTS THERAPY	307
HYDROTHERAPY THERAPY	283
LIFESTYLE UPLIFTMENT THERAPY	120
MUSIC THERAPY	510
NURSING SERVICES	9,863
OCCUPATIONAL THERAPY SESSION	8,336
PULSED ELECTROMAGNETIC FIELD THERAPY	7,127
PHYSIOTHERAPY SESSION	18,006
TAILORING TRAINING	2,425
URODYNAMIC	60
ULTRA SOUND	41
ULTA VACUUM THERAPY	77
XRAYS	47
YOGA SESSION	180
TOTAL SESSIONS	58,942



Soulfree's Donors & Well-wishers: *(In Alphabetical Order)*

- Adyar Ananda Bhavan
- Aptus Housing Finance
- CAMS
- Careworks
- Datatracks
- Deserving Causes India, USA
- Ekam Foundation Inc, USA
- Entrust Software
- Give Foundation
- India Cements
- Innerwheel Clubs
- Ion Foundation (Ion Exchange)
- ITD Cementation
- Johnson Lifts
- Kone Elevators
- Madras Seva Sadan
- Manavaseva Dharma Samvardhani
- MaxLinear Technologies
- Mooji Foundation
- Nippon Paints
- Omega Healthcare
- Qubercomm Technologies
- Roca-Parryware
- Rotary Clubs
- Rotork Controls
- RR Donnelley
- Sathya Sai Bal Vikas
- Siemens
- Solo Creations, USA
- The Aura
- Updater Services Ltd (UDS)
- Value Labs Foundation
- Zoho Corporation
- 4S Foundations, USA
- Many other individuals and corporates and well wishers



GLIMPSES OF THE INTEGRATED REHABILITATION PROCESS AT INSPIRE

Using a uniquely experiential framework that offers individualised, holistic treatment options aimed to create optimal self-reliance from a physiological, psychological and socio-economic perspective, our residents' lives are being transformed at the Soulfree INSPIRE Centre. We do three assessments prior to admission to ensure their eligibility from financial and other criteria. During the 4 to 6 months please stay at our centre along with a co-resident, they receive reengineering and develop skills to ensure complete reintegration into mainstream society. Some of the highlights of the unique rehabilitation process are shown below...





URODYNAMIC STUDY



FULL BODY X-RAY



ULTRA SOUND



AMBULATING WITH TRANSFER BELT





VOCATIONAL TRAINING TAILORING



CROCHET TRAINING



HYDRO THERAPY WATSU TECHNIQUE TRAINING



RECUMBENT BIKE



TABLE TENNIS



VOLLEYBALL



RADMINTON



CRICKET



IDENTITY, SELF-CONFIDENCE AND SELF-ESTEEM REBUILDING WORKSHOPS



RING



RACING



CHESS AND CARROMS



WALKING WITH GUTTER WALKER



STAIRCASE CLIMBING
AND RAMP WALKING WITH PARALLEL BAR SUPPORT





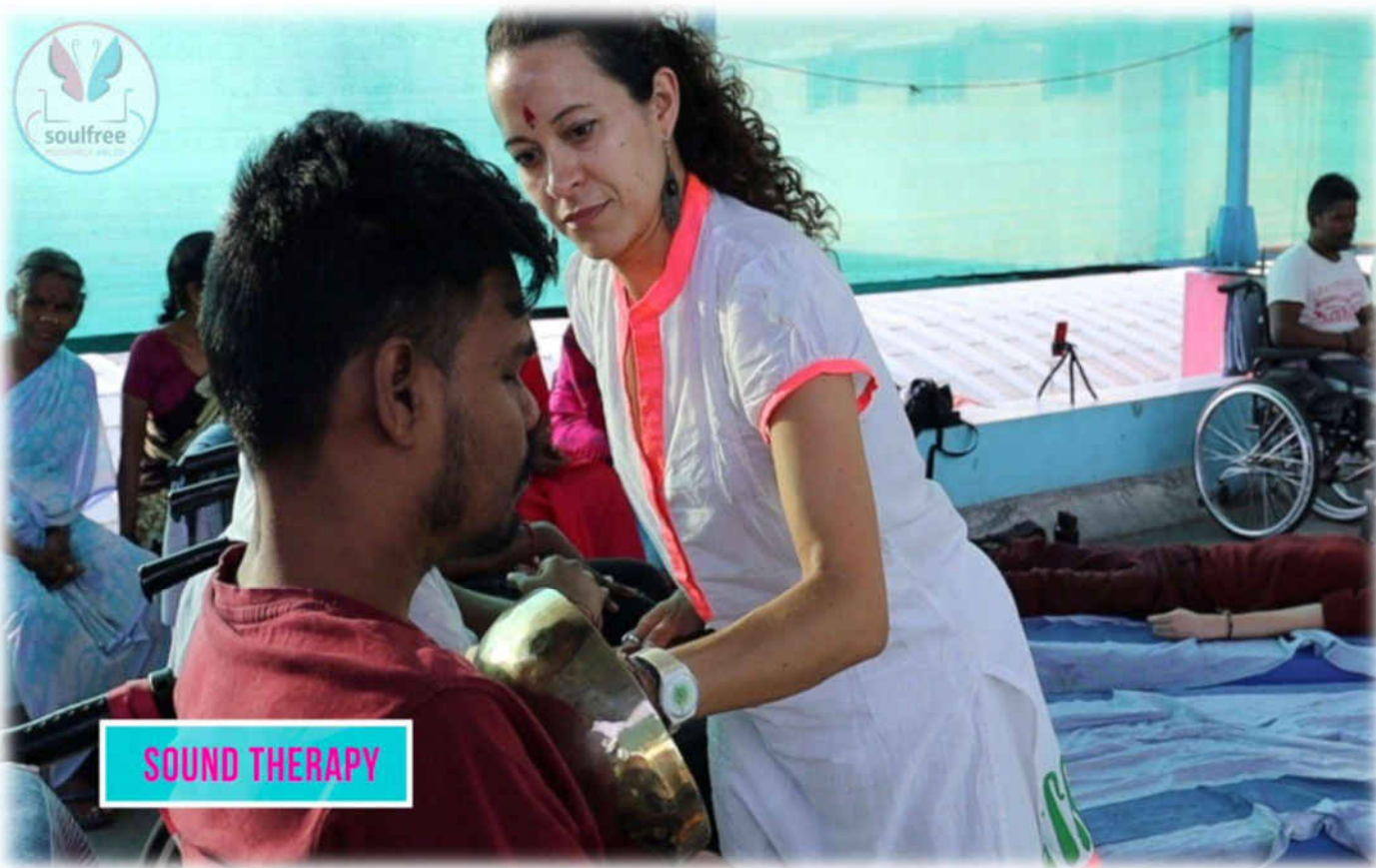
ROAD CROSSING TRAINING



QUADRIPLLEGICS EATING WITH SPLINT SUPPORT



AYUSH THERAPY



SOUND THERAPY



QUADRIPELEGICS INDEPENDENT HYGIENE CARE

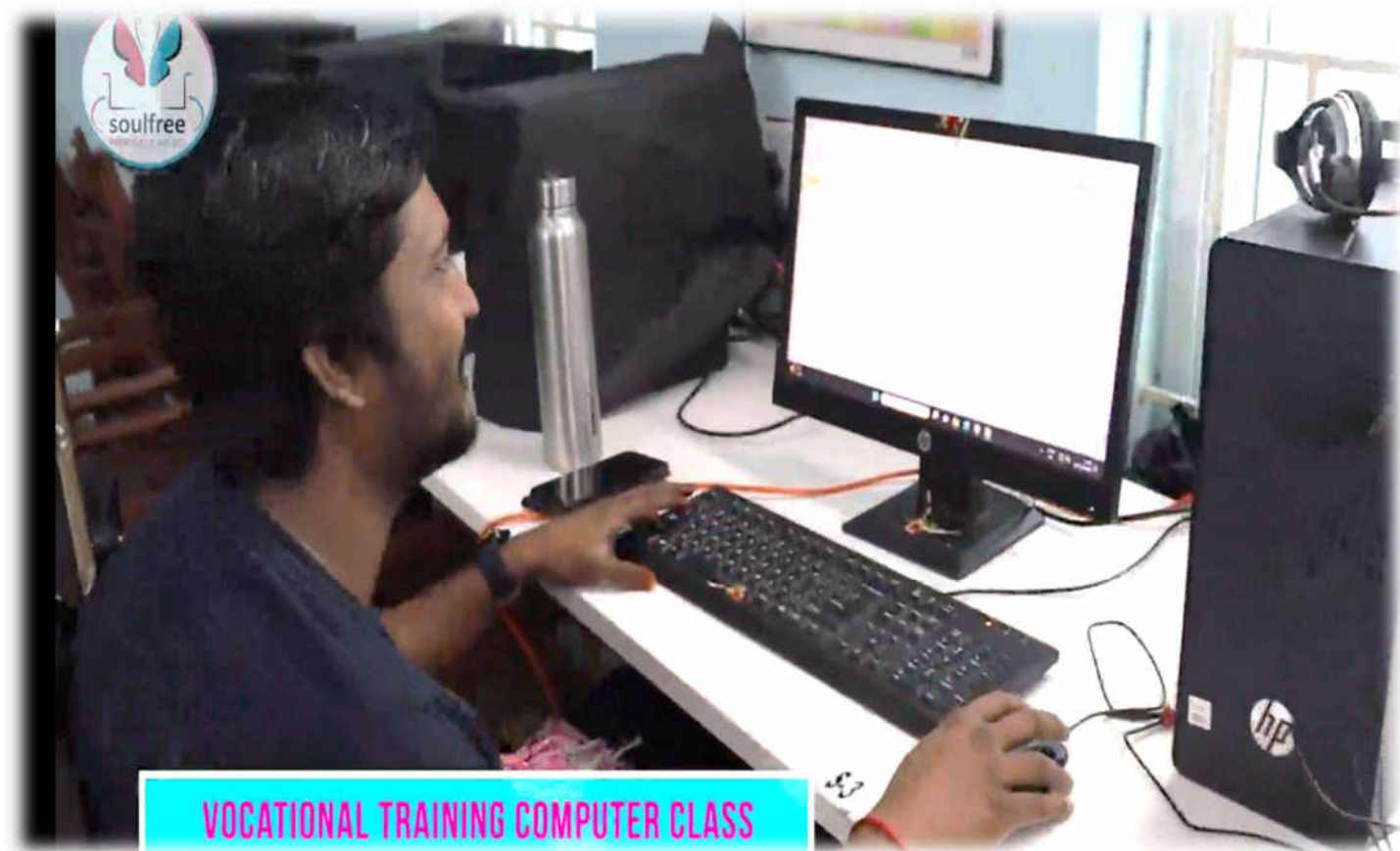


ACTIVITIES OF DAILY LIVING





MOBILEPHONE SERVICE TRAINING



VOCATIONAL TRAINING COMPUTER CLASS



NEO MOTION





WHEELCHAIR ACCESSIBLE TERRACE GARDENING ACTIVITY



WHEELCHAIR ACCESSIBLE TERRACE GARDENING ACTIVITY



MUSIC AND DANCE SESSIONS



SOULFREE AWARDS AND RECOGNITION

Over a period of time, our founder, Preethi Srinivasan has begun to stand out as the face and voice of Persons with Spinal Cord Injury in India. She also represents the largely invisible segment of society that may be most vulnerable – women with significant impairments.

Her relentless efforts to highlight the needs of the people she serves has slowly begun to gain traction amongst corporate as well as government leadership, bringing her sincere respect and appreciation from all quarters. This has also led to Soulfree and Preethi being recognised in many ways, including the following:

- ⚙ “Champion Of Humanity Award For Social Service” to Soulfree, from The Hindustan Chamber of Commerce, on 23rd January 2023. This award was presented by the Honourable Chief Guest Thiru. T. M. Anbarasan, Honourable Minister for Rural, Cottage And Small Industries, Tamil Nadu
- ⚙ FICCI FLO Women Achievers Awards 2022-2023 “Special Recognition Award To Soulfree For Excellence In Social Service”, on the 07th March 2023. This award was presented by Honourable Minister for Finance of Tamil Nadu Dr Palanivel Thiagarajan
- ⚙ On the occasion of the 45th anniversary of PKF Sridhar and Santhanam, Preethi was honored for her ground-breaking work in uplifting society and strengthening the nation. This award was presented by Shri. N. Chandrasekaran, Executive Chairman Tata Sons, on 23 November 2023
- ⚙ Speaker at the Patrick Kluger Innovation in Spinal Cord Injury Care Program at the International Spine and Spinal Injuries Conference, December 1-3 2023
- ⚙ Keynote Speaker at SPINE20 New Delhi, The 4th Annual Summit And Scientific G20 Conference of Foremost Spine Experts from around the world. Preethi received a standing ovation from the international experts across the world for her presentation regarding the “Holistic Spinal Cord Injury Rehabilitation Framework being used at the Soulfree INSPIRE Centre.”
- ⚙ Keynote Speaker at FICCI Flo Chennai on 20 November 2022
- ⚙ Keynote Speaker at EMPOWER 2022, at IIT (Madras) Research Park on Assistive Technologies
- ⚙ Speaker at TEDx Youth SSVM Coimbatore in June 2022 (<https://www.youtube.com/watch?v=Q7BLf0iBTMU&t=22s>)
- ⚙ JFW (Just For Women) Achievers Award for Excellence in Social Service in September 2023
- ⚙ Naturals “Power of Women – Social Catalyst” Award 28 April 2022



A Decade of Soulfree



I recently read in the Economic Times that only 20% of start-ups are able to survive for more than 5 years and only 8% manage to survive beyond 10 years. Clearly the odds are stacked against a new start-up founder. And, if the start-up is a non-profit organisation, the odds must be abysmal. Added to that, if the founder of the start-up is a quadriplegic, I'm pretty sure there are NO odds for it at all.

However, against all odds, Soulfree has not only survived for more than a decade now, it has thrived and so have our beneficiaries. Soulfree now supports more than 2100 Persons with Spinal Cord Injury who are struggling for survival below the line of poverty.

Our Soulfree INSPIRE Centre which was established in 2021, has transformed the lives of more than 125 beneficiaries and many who were bedridden for years and could hardly make eye contact are now walking with calipers and themselves employers! Actually, the transformations are so magical and miraculous that I feel blessed to be a part of it and to be a first-hand witness to everything.

There is no doubt that God's grace and the Blessings of Well-Wishers have been Abundant for Soulfree over the years and we now wish to share with you our 10th year Completion of Service Celebrations...

Preethi Srinivasan (Founder Trustee, Soulfree)

Day - 1 Events (23.08.2023)

Chief Guest: Senior Vice President of Ion-Exchange Mr. Harminder Bareja and Mrs. Rehana Taj, HR - Ion Exchange, Mrs. Vaishnavi Raja, Vice Chairman, My First School, Tiruvannamalai



The Senior Vice President of Ion-Exchange Mr. Harminder Bareja and Mrs. Rehana Taj were our chief guests on the first day. Ion Foundation has staunchly supported Soulfree and provided the INSPIRE Centre with a top tier water purification plant that guarantees the best quality of water for all our people.

Yes, financial support is there, but when they immediately agree to come hundreds of kilometres to be with us for our 10th Anniversary Celebrations just because we asked, that shows how much love and respect we have earned in their eyes. And that is priceless.

Mrs. Vaishnavi Raja, Vice Chairman, My First School, Tiruvannamalai was also present on the dais as a special guest. The school which offers a uniquely holistic form of education has been supporting Soulfree for several years especially in volunteering for the gift box drive packaging. She said that until she came to the Centre she never realised how difficult life could be and felt that her fundamental perspective of life had been altered. Our Founder appreciated the work done by My First School and also appealed to them to ensure inclusion of wheelchair users and other Persons with disability amongst the student population.



Day-2 Events (24.08.2023)

Special Guests and Respected Dignitaries from CHENNAI COUNSELORS' FOUNDATION: Dr. Saras Bhaskar, Mrs. S. Jayadevi Jayaprakash, Mrs. Padma Parthasarathy



For those any loss or failure in life, Mental Health And Emotional Well-Being become vital in their ability to manage their lives. For those who undergo life-altering injuries like spinal cord injury that causes them to become paralysed for life, pain, anger, depression and the sense of helplessness can often be unbearable. It was a great gift for us that the Professionals from CCF decided to come all the way down from Chennai to spend a day with us, enabling and uplifting our residents and co-residents with their heartaches and challenges.

Dr. Saras Bhaskar, a Counselling Psychologist from CCF gave a brief and valuable guideline on ways of tasting success in life amidst changes and challenges that we face. She conducted some mind- boggling activities through which she imparted tips and techniques to adapt to life. She was much supported by her other Team member Mrs. Padma Parthasarathy, whose impromptu her song and dance program was a big hit.

The entire session was extremely fun and insightful. The residents and co-residents enjoyed themselves immensely and also had a lot to learn about the program.

The guests also conducted one to one counseling session for the residents who preferred to clear their doubts. Our Sincere Thanks to Dr. Saras Bhaskar, Mrs. S. Jayadevi Jayaprakash, Mrs. Padma Parthasarathy for their valuable contribution in enriching and enabling PositivelyAbled Living!

We look forward to a long-term association with CCF because Mental Health and Emotional Well-being are an important aspect of the rehabilitation process as far as Soulfree is concerned.

Day – 3 Events (25.08.2023)

Chief Guest: Mr. Sultan Refai, Co-founder, Superlyfe Stores, Life Coach & Motivational Speaker And His Parents

Sultan was born with Osteogenesis Imperfecta, a genetic condition that affected his bones and caused him to have 200+ fractures and extremely painful malformation of the bones. Due to the extreme pain, he had to be homeschooled for the most part, but he fought hard to get enrolled into Loyola College, Chennai and gained vital knowledge of life and made many friends.

Today, he is a successful entrepreneur, the charismatic and determined leader at Superlyfe where he heads both Human Resources and Digital Marketing. He has built a diverse and inclusive team with 10% disabled and 50% women employment, driving the company's success.



Sultan subtly interwove life experiences, challenges and struggles with his own brand of humour and charm and motivated the residents of the Soulfree INSPIRE Centre

He shared from his own life experience on how he faced the struggle and setbacks in his life owing to a very rare disease he had and how he fought all those with determination and courage in spite of rejection of opportunities in education and employment by the society.

Starting with 'self-acceptance' as the first step to realize success in life, he shared at length ways of coping with stress and leading a meaningful life with dignity and purpose. His parents also shared some valuable insights by which the session came to an end. Overall, it was a wonderful and valuable experience for all of us to be cherished in our memories. He is truly a role model for all and a true hero!

Day – 4 Events (26.08.2023)

Chief Guests: Tamil Nadu Paralympics Wheelchair Tennis Players Mr. Karthik Karunakaran & Mr. Mariyappan Durai

Who would have thought that both India's Number One and Number Two Ranked Para-Tennis Players



belong to the city of Chennai? These two immensely hard-working men come not from privileged backgrounds, but from extremely difficult socio-economic segments and have had to struggle all the way to reach the pinnacle of success!

This Duo were our Invitees on the fourth day of our 10th Anniversary Celebrations –

Mr. Karthik Karunakaran aged 38 years, a Right-handed Wheelchair Tennis player has won 3 National Singles Titles and 2 National Doubles titles and his current ITF Ranking is 326. He has also participated and captained many International Wheelchair Tennis Tournaments like Thailand, Sri Lankan Open Tournaments.

Mr. Mariyappan Durai aged 44 years, a Right-handed Wheelchair Tennis player has won 4 National Singles Titles and 10 National Doubles titles. He has also participated and captained many International Wheelchair Tennis Tournaments like Thailand, British Open Tournaments, FESPIC Games, Malaysia, Asian Para Games.



They took the stage and both of them shared respectively their own stories on how they turned to be a wheelchair person and their journey and struggle in achieving the success graphs. There was an open Q & A session with the residents to address their queries. They then shared on ways of accepting failures or setbacks and moving ahead in life personally or professionally irrespective of the results.

'BELIEVE IN YOURSELF, YOU CAN & YOU WILL DO' was their Mantra for seeing rosy terrains in one's life.

Day -5 Events (27.08.2023)

Chief Guests: Yogi RamSuratkumar Ashram Head Ma Devaki & Philips Bhaskaran

The fifth day of our celebrations proved to be a very special and blessed day for us as Ma Devaki, Head of Yogi Ramsuratkumar Ashram agreed to bless us by her Divine presence at the Centre. Mataji spoke eloquently about the power of faith and that the only true disability is actually the negativity in our own minds. She shared the power of Nama Chanting to fix our minds on God to keep us positive, healthy and single-minded in our pursuit of truth and happiness.



Her speech was like nectar and her holy presence created a calm and serene atmosphere and there can be no second opinion about the transformation she brought in our minds by her aura and holy presence. We felt blessed.

Ms. Preethi Srinivasan, our Founder Head in her key note shared about how she had arrived in Thiruvannamalai and a helpless quadriplegic teenager filled with anger and pain. She credited her guru, Yogi Ramsuratkumar in transforming inner being and permitting her to serve the greater good through Soulfree's work.

The second part of the day's session was addressed by Mr. Philips Baskaran, a Cost Accountant by profession inspired with his very brief narration of small stories through which he imparted life skills to be adapted. Later, he conducted a practical workshop on how to make functional gift items using simple raw materials and tools for financial self-reliance. The whole initiative and the practical demonstration and tips given by Mr. Philips Baskaran was much appreciated and well received by the residents.

Day - 6 Events (28.08.2023)

Chief Guest: Honorable Deputy Speaker of Tamil Nadu Thiru. K. Pichandi

On day 6, our Centre was graced by a Well-loved Veteran politician from Thiruvannamalai, Thiru. Pichandi, who also happens to hold the prestigious post of Honorable Deputy Speaker of Tamil Nadu. He not only spared valuable time from his hectic schedule to be with us, but he also promised full support from the government towards our service.

The formal function was energised by the enthusiasm of our audience who were thrilled when the Chief Guest spoke with so much empathy and understanding towards them. He eloquently spoke about his mentor Dr. Kalaignar and highlighted that he was the one who officially removed “handicapped” and began using the term “Differently Abled”.

He was extremely happy with our work since our Soulfree INSPIRE Centre was officially Inaugurated by the Honourable Chief Minister of Thiruvannamalai Thiru M. K. Stalin. It was purely because of the love and care our Chief Minister feels for the Differently Abled that he holds on to the Portfolio for their Welfare, said the Honourable Deputy Speaker.



Our Founder Preethi Srinivasan appreciated all the support from the government and requested for further infrastructure and space allocation for our future projects. She spoke passionately about the need for financial independence through voice-based training, employment, education for Persons with Spinal Cord Injury (PwSCI) to regain dignity in society because otherwise, they are treated as untouchables. The Deputy Speaker assured her that he would convey her request and that the government would support her.

Day - 7 Events (29.08.2023) – Aravind Eye Care free checkup and treatment

Evening Session by Mr PC Bala – Motivation Using the Dialogues of Mr Rajnikanth

Soulfree is committed to fulfilling all essential needs of our resident free of cost at the Soulfree INSPIRE Centre. Everything from dental checkups and haircut are provided regularly. In this context, we feel extremely blessed to have successfully set up a partnership with the Aravind Eye Care System Group of Institutions for free quarterly checkups for all our residents, co-residents and wheelchair users in the area who do not find access to proper eye tests.



It is difficult for an able-bodied individual to understand the tremendous difficulty wheelchair users have access to essential services like dental and eye care. As an agent of change, Soulfree has created a fully accessible environment is providing the best treatment and care for those who are unable to afford paid services elsewhere. This is our commitment and we are dedicated towards fulfilling it.



It was an icing on the cake that the eye checkup also coincided with the 10th Year Celebration and even previous residents and other beneficiaries could avail of this free testing and treatment.

Chief Guest: Mr. P. C. Bala



P C Balasubramanian or 'PC' as he is affectionately called, is a man of multiple interests. He is an entrepreneur, a lover of cricket, a movie buff, an author, a speaker and more. In the professional world, he is a Chartered Accountant by qualification and apart from being a promoter director of Matrix Business Services India Pvt. Ltd, India's largest integrated Business Assurance company, he is also an Executive Director in Updater Services Ltd and is also on the Board of a few other companies

He has great admiration for Superstar Rajnikanth and is one of his biggest fans! PC's respect for the star brought out the writer in him and led him to author two books based on the legend – Rajini's Punch Tantra and Grand Brand Rajini!

He inspired with live videos of Rajini's Punch dialogue scenes as he has described in his Rajini's Punch Tantra' book and correlated it to life and Management principles that can be derived out of such Punch dialogues. This was really amazing and his initiative deserves much appreciation. Many insights on life were explained simply by Bala and it touched the hearts of the residents.



Day - 8 Events (30.08.2023)

Preethi Srinivasan, who is respected today and Soulfree's founder was brought to Thiruvannamalai under the guidance of Yogi Ramsuratkumar, an enlightened master. At the time, she was nothing more than a broken-hearted teenager but his compassionate teaching was instrumental in transforming into what she is today.



Preethi always keeps her personal life apart from Soulfree and does not believe in thrusting her beliefs upon anyone. However, after she was overwhelmed by what she saw at the Soulfree INSPIRE Centre personally invited everyone at the Centre to visit the ashram and take Prasad. It was a great outing and adventure for everyone at the Centre and they were blown away by the grander and extraordinary vibrations at the ashram as well as the love emanating from Mataji, who also provided gifts and fruits.

Day 8 Evening

Chief Guest: Dr. Deepa Shree, MBBS, MRCP, FRCR, Interventional Radiologist

Dr. Deepa Shree is an Interventional Radiologist, based in Chennai having 10+ years of experience. Performed over 1800 trans arterial chemo-embolization, over 200 uterine artery embolization and several other vascular and non-vascular radiological procedures.



In her address to the residents on bringing positivity in life, she explained some amazing scientific evidence-based facts as recent findings on how water molecules change their shape when subjected to negative and positive environments and its connectivity to our body.

She further shared interesting facts about 'Chakras' and 'layers' of our body and gave the importance and significance on understanding of this for the overall well-being. She also turned the atmosphere electric with her dance performance with the whole intention of enriching the minds with happiness. It was on the whole a great new experience and learning for the residents which was well received by them



Day -9 Events (31.08.2023)

Online Standup Comedy Show by Mr. Praveenkumar



Praveen Kumar is a Bangalore based stand-up comedian who has done about 1400 shows all around the globe. He started doing comedy on stage from his BITS Pilani days where he used to do comedy mimes and after he passed out from college there was a void. he always wanted to do something related to comedy and hence got married. But seriously he started doing stand-up comedy from 2009 onwards.

His Clean humor makes him favorite among the Corporates and family audience. His shows are suitable for the entire family. He has done 4 specials so far and currently started touring with the fifth one. He has been rated as one of the Top 10 stand-up comedians in India by Times of India and one of top 10 comics in India to look out for by IBN live. He has also been nominated for Forbes Top 100 celebrities in India.

Praveen started his online show in the evening and soon he shifted his gears to the top and we could witness some sparkling humors which was clean and enjoyable. He changed the gravity of our minds and the residents thoroughly enjoyed the show on the whole. The show went for 45 mins.

Day - 10 Events (1st Sep.2023)



Satsang - Vocal & Flute by SreeTej and group (The Art of Living)

Music has always an upper edge among the resources of 'Healing Therapy'. 'Satsang' conducted by SreeTej and group from 'The Art of Living' today evening at the Centre proved to be an outstanding event, for each and every one of the audiences of the show got bonded to the magnetic performance of Sree Tej and his group.



He was supported by Vaseegran on his magical flute. Vocal rendering by SreeTej supported by flute and Tabla music made the atmosphere divine. Depression, worries, negative thoughts were all swept away in the Music flood that gushed into our minds and ears. SreeTej also gave 'capsules' on the dual nature of mind and the means of having a control over it. A small and interesting activity to test the presence of our mind was executed by SreeTej and it was carried out with more fun and humor. The involvement of the audience in the program (residents, co-residents and staff members) was overwhelming and there can be no second opinion on the fact that each and every one of us felt 'New and rejuvenated'.

Mr. Suresh Rajagopalan presented a small gift bag to Mr. SreeTej as a token of appreciation and respect on behalf of Soulfree INSPIRE Centre and the Managing committee at the end of the show. This Sathsangam will be green in the memories of the residents and co-residents and sure to enrich their minds whenever they think of this unforgettable day in their life.



Day 11 – Events (2nd September 2023) Kreeda Games

Traditional South Indian indoor games like Palankuzhi, Dhayakattam etc. have been largely lost in this android era but the team from Team from Kreeda Games is keeping it alive. Headed by Mrs. Rukumani the special event for the day was a day full of interesting indoor games curated by a passionate team that kept our residents and co-residents excited and engaged throughout.

Day 12 – Events (3rd September 2023)

On the auspicious occasion of Maha Sankatahara Chaturthi, a project that was nearly 2 years in the making, finally fructified thanks to the support of Pramod Swami from Mata Amritanandamayi ashram.

From the Shilpa Kala Kendra she runs, renowned artists worked for nearly a full month to complete a unique and grand Idol of Lord Ganesha (Sankatahara Vinayakar).



Everyone at the Centre was present as the inauguration was done by our Managing Trustee Mrs

Vijayalakshmi Srinivasan. The idol symbolises the removal of all obstructions and barriers, while simultaneously infusing positive energy, healing and upliftment from all difficulties.

The function went very well with special poojas and offerings such as Laddu were distributed to all the residents, coresidents and staff members who witnessed the occasion. Most of all, our wheelchair accessible Ganesha ensures that all wheelchair users and people in general can do a circum-ambulation without any barriers.



Post Lunch Session – Light Music Session By Sudharshan And Family

Following the special occasion, it was time for some relaxing music from Sudharshan & Team.

Mr Sudarshan is a senior IT professional at IBM. His deep empathy and friendship with Preethi spurred him to inspire his previous IBM bandmembers as well as his family members to perform for our residents and co-residents. They sang Movie Classics and having planned ahead of time, they curated a perfect list from the “favourites” of our residents and co-residents.



Day 13 - Events (4th September 2023)

Chief Guest: Mrs. Meera Nagarajan (Editor & Director 'Kalyanamalai), Mr. Raja, Talk shows Speaker

On the eve of World Spinal Cord Day, our special Invitees for the day were the most popular celebrities of Tamil Nadu, Mrs. Meera Nagarajan, MD and CEO of Kalyanamalai Matrimony and the famous Public Speaker, Mr. Raja more popularly known as 'Pattimandram Raja'.

Despite tremendously busy schedules and having returned from Singapore just that morning, they chose to travel all the way to our centre and spent nearly half the day with us. This blessing was possible because they felt a special connection with our founder, Preethi Srinivasan.

Mr Raja is known for his wit and humour in his speech, but he said that he was speechless and despite the tremendous transformative work that was happening at the Soulfree INSPIRE Centre, his heart felt heavy, because until he saw the Centre, he never knew such a world existed.



Day 14 - Events (5th September 2023)



September 5 marks World Spinal Cord Injury Day and we started off the day with nearly 100 Persons with Spinal Cord Injury along with other team members and supporters on an Awareness Rally. Through the busiest streets of Thiruvannamalai, slogans were carried and Flyers were distributed emphasizing the importance of Spinal cord and how a spinal cord injury can alter the life of an otherwise normal individual. The Awareness rally ended on a positive note with the theme of “Enabling PositivelyAble mouse right d Living”.



The rally was just the beginning of a 3 day “Grand Finale” of our 10th Anniversary Celebration, which was also the 2nd Edition of our Annual Reunion Event “Maathiyosi” meant to help us “think differently” about our own socio-cultural narratives and encourage lasting social change and consequently “Be the Change” we wish to see in the world around us.

Over the next 3 days, Free Medical Diagnostics, Testing and Treatment were made available to all the attendees from as many as 12 departments including everything from cardiology, dermatology to dentistry.

Day 14 Evening

Chief Guest: Mr. Srinivas Iconic Playback Singer

On 5th evening, the iconic singer Mr Srinivas graced the Soulfree INSPIRE Centre with his presence and with his extraordinarily melodious voice. We would love to thank our Managing Committee Member Mrs Rajalakshmi Rajesh for being instrumental in bringing Mr Srinivas and supporting our activities in more ways than we can name.



Mrs Rajalakshmi anchored an extraordinary Q&A session graphing Mr Srinivas' extraordinary success as a playback singer. Mr Srinivas sang from his soul and the day was completed with a celebration of our founder's birthday – it made her year to have Mr Srinivas singing the “Happy Birthday” for her along with all the members of the Soulfree family!

Day 15 – Events (6th September 2023)

Chief Guest: Mr. S K P Karuna, Chairman of SKP Engineering College, Tiruvannamalai

While medical testing, sports and other events were starting to gain momentum on the 2nd day of Maathiyosi, our special guest was a true son of the soil, Thiruvannamalai's iconic industrialist SKP Karuna.



After seeing all the activities and the transformative impact of the work happening at the Soulfree INSPIRE Centre he promised to support in many ways including spread the word amongst other industrialists and policymakers.

He also promised to increase community engagements from students in his own group of educational institutions for project-work, internships et cetera

After a request from our founder to make all his educational institutions more inclusive by providing ramps and elevators for wheelchair users and also to implement a 4% quota for providing admissions to Persons with Disabilities. He said he would definitely start working on this, and that he would also speak to other Educationists to be more aware of the needs of Persons with Disabilities.



Doctor Karthikeyan, a leading PMR specialist and member of our Managing Committee was also present to provide his expert guidance to our beneficiaries. He also spoke evocatively regarding the extraordinary Soulfree Journey of our founder, Preethi Srinivasan had undertaken largely alone.



He candidly expressed that he had been quite sceptical about her vision when he had first seen the dilapidated building. He said that in his mind she had achieved more than he could despite being fully able bodied and having such great expertise as a doctor, purely because of her single-minded focus to help others.

Soulfree and Preethi are ever grateful to great experts like Doctor Karthikeyan and leaders in society, who have made the Soulfree effort in success because of the belief in and support the cause.

Day 16 - Events (7th September 2023)

Special Invitee: Mr. Gagandeep Singh Bedi, Hon'ble Health Secretary of Tamil Nadu

As a divine blessing, on the very last day of our Maathiyosi and the 10th year celebration function, the Honourable Health Secretary of Tamil Nadu, Thiru Gagandeep Singh Bedi paid a surprise visit to the Soulfree INSPIRE Centre. While it was supposed to be a quick visit, he was so moved by Preethi's sincere



commitment and the attention to detail in the creation of a cost-effective, holistic framework for the integrated rehabilitation of Persons with Spinal Cord Injury that he ended up spending nearly half an hour and visiting every room of the Centre. He said that he was very impressed and touched by the effort and would support Soulfree in any way possible.

Preparations for guests, beneficiaries and the entire event management for a two-week span of time is complex and challenging to say the least. Bringing valued guests from big cities like Chennai to travel all the way to Thiruvannamalai is definitely not easy.

Despite extraordinary challenges, the entire Soulfree Team had worked exceptionally hard to ensure that everything from the stage and sound setup to cleanliness of the entire facility to the overall logistical management of the event a success.

It was time for hard work, sacrifices and good performances throughout the year to be rewarded in the form of “Awards”. Our best success stories were given “Best Butterflies” awards to signify their metamorphosis. Our staff various departments were appreciated by our founder and given special awards. Our sponsors, the various teams of medical experts and other volunteer groups that had made our 2nd edition of the Maathiyosi program an overwhelming success were all thanked from the heart. The winners of various sports and other events were all given trophies to showcase their triumph.

Finally, our founder, Preethi spoke spontaneously and from the heart, thanking all the staff and the entire team of supporters for fulfilling her dream, because without their hard work and dedication, she would not people to accomplish much at all. Everyone was deeply touched and happy.



The grand finale was a powerful performance by a professional band of musicians sponsored by the Dhyana Network, filling the hearts of all the attendees with love, gratitude and joy. Many would have loved the festivities to continue, but all good things need to end and this ending also came with an invitation to participate in next year's Maathiyosi – so the celebration of change continues...



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