

SOULFREE'S NINTH ANNUAL REPORT (2021-22)

THE SOULFREE OUTREACH PROGRAMS

AND

THE SOULFREE INSPIRE CENTRE



SOULFREE 2021-2022 HIGHLIGHTS



- The Soulfree INSPIRE Centre became functional on a dry run basis October 19, 2021. The results of our unique and experiential treatment framework have been phenomenal. A large percentage of Residents who were admitted in a bedridden condition, were able to walk with calipers and regain self-reliance from a physiological, psychological and socio-economic perspective. Currently we have 40+ residents receiving rehabilitation at the Centre.
- Soulfree's outreach programs have been immensely successful with a huge improvement in the investment we have been able to make towards improving the quality-of-life of our beneficiaries this year.
- The Honourable Chief Minister of Tamil Nadu, Thiru M. K. Stalin inaugurated the Soulfree INSPIRE Centre on December 3, 2021. He also gave us the honour of visiting our Centre during his visit to Tiruvannamalai in July 2022 and interacted with our Residents.
- Our inaugural "Celebration of Life" Event called "Maathiyosi" held between September 5-7, 2022 was a resounding success with the Honourable Minister for Public Works, Thiru E. V. Velu inaugurating the event and also flagging off our Spinal Cord Injury Awareness Rally. Many Workshops including an international Clowning workshop have had a tremendously positive impact on our Residents.
- Our co-founder, Preethi Srinivasan was bestowed with 4 Prestigious Awards this year.
- On behalf of Soulfree and our beneficiaries Preethi wishes to say "Words fail to express the extent of my gratitude to all our well-wishers and sponsors (Individuals, Corporates & Trusts) for enabling us to empower our beneficiaries. Both our Outreach Programs and the Soulfree INSPIRE Centre have received so much support, guidance and blessing, I thank all of you for it and most of all the Almighty!"

SOULFREE AND ITS IMPACTFUL OUTREACH PROGRAMS



TOTAL OUTREACH PROGRAM IMPACT 2021-22



That which is born out of adversity can bring out the best in an individual. It can liberate one from inhibitions, insecurities and fears, moulding one's way of being, perspective of life and sparking an evolution of the soul.

Soulfree - That which frees the soul from all the limitations of life.

Soulfree's Total Investment in the Improvement of Quality-oflife for Persons with Spinal Cord Injury (PwSCI) for the year 2021-22 (September 8, 2021-September 7, 2022) towards direct contributions to Outreach Programs positively impacting the lives of **1983+ Beneficiaries**

The Grand Total Is: ₹ 1,08,96,649

(Rupees One Crore, Eight Lakhs, Ninety Six Thousand Six Hundred and forty Nine only)

While we feel truly blessed for the love and trust we have earned over the last decade, we feel we have touched only the tip of the iceberg, in terms of the impact we can create for our beneficiaries.

Your support and blessing towards our efforts to empower those facing a lifetime of paralysis means the world to us.



A BIRDS EYE VIEW OF THE OUTREACH PROGRAMS



- Soulfree's Giftbox drive delivers Smiles to 900+ beneficiaries that is worth more than 30 lakhs
- Soulfree Wheelchair Drive lights up the lives of 450+ beneficiaries worth more than 50 lakhs this year
- Soulfree's Monthly Stipend Program is proud to transform 40+ beneficiaries, with an investment of almost 10 lakhs
- Soulfree Wheelchair Cushion Drive spends close to 8 lakhs protecting 400+ beneficiaries from pressure sores
- Soulfree Airbed Drive touches 100+ beneficiaries and invests more than 2 lakhs this year
- Soulfree Hospital Bed Drive spends close to 2 lakhs this year so that beneficiaries have a good night's sleep

BIRTH OF SOULFREE



- About Preethi Srinivasan Wikipedia says "Preethi Srinivasan captain of the under-19 Tamil Nadu women's cricket team, lead the State team to the National Championship in 1997 at the age of 17.
- Surviving an accident that left her quadriplegic, she co-founded Soulfree, a foundation that champions the causes of restoring, rehabilitating, and re-integrating those with spinal cord injuries and spreads awareness on its prevention among Indian youth."
- About Preethi Srinivasan from up close She is the Face of Soulfree (Though she may Disagree with that assessment). She reaches out to people in the most assertive and emphatic way to reiterate to them that Soulfree does not need Sympathy all it needs Empathy, appreciation, Inclusiveness and Love...
- There is always a spark behind every Fire. For Preethi it is her Mother Vijayalakshmi, a multitalented Lady who excels in every form of artistic pursuit but also serves the SCI community wholeheartedly, including changing catheters. She is Preethi's strength and the soul behind Soulfree. It was her belief that Preethi could Be The Change That Gave **Birth to Soulfree...**

SOULFREE AIRBED DRIVE



- Bedsore or a Pressure ulcer may sound unheard of to a few
- For those who are familiar with it, these may be seen as disgusting wounds in sensitive areas, symbolising the rotting of the body
- But to us in Soulfree
 we have lost our
 brothers, sisters,
 parents, and friends to
 this dangerous pressure
 sores

Bedsore?

- Bedsore sepsis causes thousands of deaths this year. (National Institutes for Health (NIH)
- Causes: Chronic immobility or bedridden condition due to paralysis after SCI causes continuous pressure on the skin causes loss of blood supply. Possible lack of sunlight, fresh air, vitamins and other nutrients make repair impossible, causing flesh to rot.
- Severity of bedsore first, second, third and fourth grade.

Soulfree's Role

- We provide Airbed to beneficiaries
- It improves the quality of life (and potentially provide some measure of relief) for people who suffer from pressure sores, which can create lifethreatening ulcers
- The Joy of hearing the beneficiary say
 "Thanks Ma'am I am able to sleep well now" can melt anyone's heart

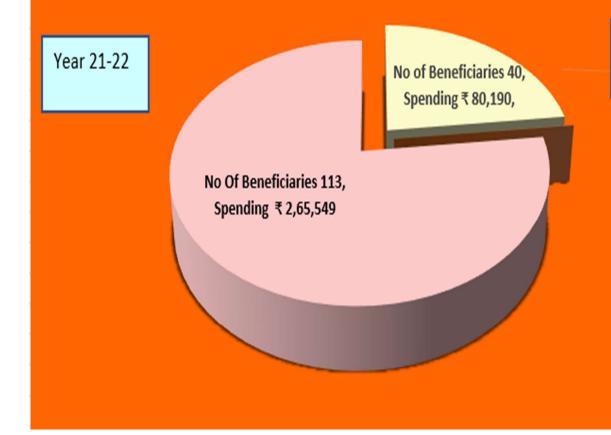
SOULFREE AIRBED DRIVE - FACTS AND FIGURES



SOULFREE Airbed Drive			
Year 20 - 21		Year 21 - 22	
No of Beneficiaries	Spending	No of Beneficiaries	Spending
40	₹ 80,190	113	₹ 2,65,549

SOULFREE Airbed Drive

Year 20 -21







SOULFREE 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.
- We also transform the "disabled" into the PositivelyAbled and this starts with basic mobility.
- A wheelchair is not a luxury. It is essential for a person facing a lifetime of paralysis after spinal cord injury.
- Certain People Like to talk and there are certain others who like to listen. Over the last decade, Soulfree has been listening to nearly 2000 stories we have laughed, cried, rejoiced and grown with our beneficiaries most of whom are facing a lifetime of paralysis after spinal cord injury and struggling for survival with day-to-day life below the line of poverty.
- As "able-bodied" persons we take so many of our day-to-day pleasures and activities for granted. Standing, walking, bathing, feeling the sunlight etc
- However, we must realise that we are privileged. There are millions for whom these basic activities including eating or changing a channel is impossible without help.

SOULFREE WHEELCHAIR DRIVE



"Ma'am, do you think I can get out of the bed and feel the sunlight?"



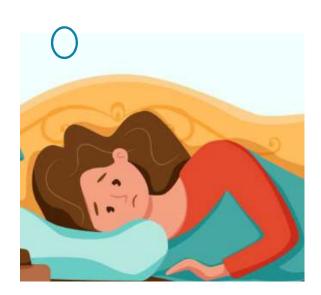
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SOULFREE WHEELCHAIR DRIVE

SOULFREE Wheelchair Drive				
Year 20 - 21		Year 21 - 22		
No of Beneficiaries	Spending	No of Beneficiaries	Spending	
254	₹ 33,61,518	283	₹ 37,81,001	

SOULFREE - Wheelchair With Cushion Drive Year Year No of 20-21 21-22 Beneficiaries - 254 Spending ₹ 33,61,518 No of

Beneficiaries - 283

Spending

₹ 37,81,001







SOULFREE COMMODE WHEELCHAIR - FACTS AND FIGURES



- What do we generally do after a long day of work? What if a long summer's day and travel has left us feeling sultry? Yes, we take a long Hot or Cold Shower
- What if you can only take bath once a week and you were dependent upon the whims and fancies of two people to perform a simple act that we take for granted?
- ☼ What if you needed to have bath lying on floor, does the very thought shake you to your core? What is the least can we do − provide a Commode Wheelchair so that one can sit on the wheelchair and perform one's essential activities with dignity
- Soulfree never compromises on quality, the Commode Wheelchair provided is equivalent to a Medical Cot and comes with a reclining Back and Elevating Footrest
- Once Reclined and Elevated the Wheelchair angles like a medical cot. To ensure safety a third small wheel is fitted in the rear to balance weight and prevents toppling when reclined (Anti tipper)

SOULFREE COMMODE WHEELCHAIR - FACTS AND FIGURES



SOULFREE Commode Wheelchair Drive		
Year 21 - 22		
No of Beneficiaries	Spending	
137	₹ 19,04,000	



SOULFREE COMMODE Wheelchair

Spending ₹ 19,04,000

No of beneficiaries 137

SOULFREE HOSPITAL BED DRIVE FACTS AND FIGURES



- When you get up in morning do you get up in same position as when you fell asleep? No, right? Your body automatically turns to the side when you feel excessive heat or pressure. We all thought it is an involuntary movement right?
- It is not so for Persons with SCI. They need to be turned from side to side every few hours to prevent bed sores from forming. To be transferred they need to be slightly in an inclined position. Above all they need a Bed and these Hospital beds are a Boon.
- Soulfree ensures that the Best Quality (Precisely designed, High strength, Rust proof Semi Fowlers Cot (PC) with Side Railings are provided right at the doorsteps of our beneficiaries. These Hospital Beds are easy-to-install and use, durable, flawless in design and performance.

SOULFREE HOSPITAL BED DRIVE FACTS AND FIGURES



SOULFREE Hospital Bed Drive		
Year 21 - 22		
No of Beneficiaries Spending		
9 ₹ 1,47,600		



SOULFREE Hospital Bed Drive

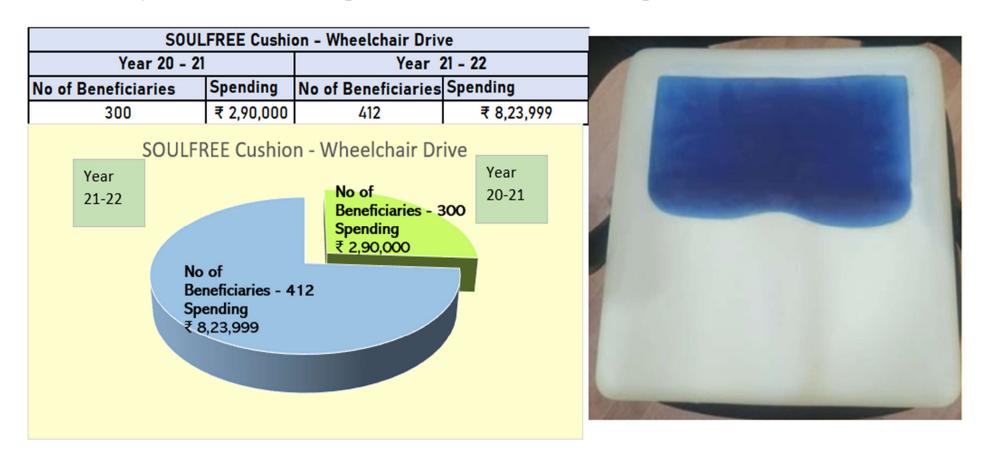
Spending ₹ 1,47,600

No of beneficiaires
9



SOULFREE WHEELCHAIR CUSHION DRIVE - FACTS & FIGURES

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



- It is one of our most Impactful drives. So, what does a Gift Box contain?
- Must have New Clothes? Gift Vouchers? Video Game Mobile Phone?
- Guess what our Gift Box comprises of? Catheters (This is the tube that carries urine from the bladder to the outside of the body), Urine Bag (Collects the urine), Medicine to help them sustain and give them some energy Of course goodies, essentials, 40 different items to those who have been completely neglected and ignored. But, perhaps most importantly it contains love, hope and happiness...
- And, it also takes a team of 20+ enthusiastic youngsters from schools and more than a dozen volunteers working for a period of more than 15 days to make it happen, not to mention months of ground work and procurements.

SOULFREE GIFTBOX DRIVE - FACTS AND FIGURES



SOULFREE Gift Box Drive				
Year 20 - 21		Year 21 - 22		
No of Beneficiaries	Spending	No of Beneficiaries	Spending	
711	₹ 21,96,889	988	₹ 30,00,000	

SOULFREE MSP - Monthly Stipend Program Year Year No of 20-21 21-22 Beneficiaries 711 Spending ₹ 21,96,889 No of Beneficiaries - 988 Spending ₹ 30,00,000







SOULFREE MONTHLY STIPEND PROGRAM - FACTS & FIGURES



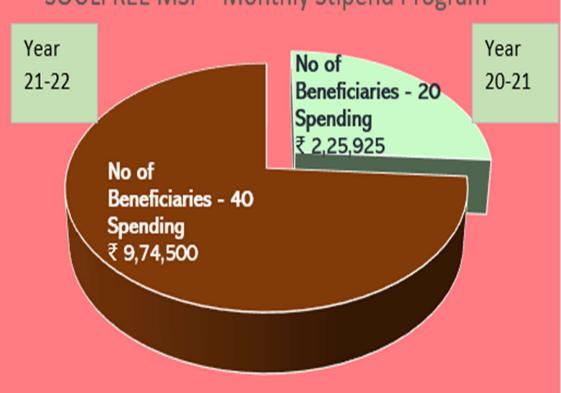
- ☼ 75% of our beneficiaries fall under the poverty line and are completely dependent on the Ration rice and Government stipend.
- Soulfree identifies such beneficiaries and supports them for a year. This Year is been more special collaborating with India Inclusion Foundation so far 41 beneficiaries are supported with over more than Rs 7,65,000/-
- Beneficiaries shared that they feel a sense of worth and dignity when they are able to share their medical expenses or get some goodies for their elderly parents or young kids.

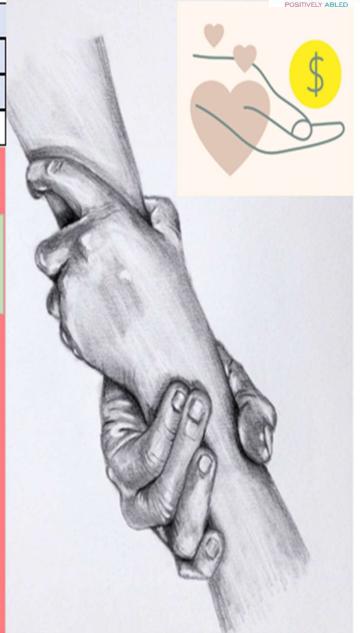
SOULFREE MONTHLY STIPEND PROGRAM - FACTS AND FIGURES



SOULFREE MSP - Monthly Stipend Program				
Year 20 - 21		Year 21 - 22		
No of Beneficiaries	Spending	No of Beneficiaries	Spending	
20	₹ 2,25,925	40	₹ 9,74,500	

SOULFREE MSP - Monthly Stipend Program







GLIMPSE OF HAPPINESS

