



Spoorthi FOUNDATION

Rebuilding lives with purpose...

A Trust for Empowerment of Mentally Ill Persons



A path to
Hope & Recovery

www.spoorthifoundation.in



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About 3% in the population suffer from major psychological problems like Schizophrenia and Bipolar Mood Disorders. While 1/3rd recover completely, about 2/3rd struggle to regain functional abilities & find employment. We bridge this gap by creating opportunities for dignified lives through employment & support.



About us

Spoorthi Foundation is a dedicated Non –Profit Organization committed to empowering individuals living with mental illness. We believe in fostering a supportive and inclusive community where every person can achieve their full potential and lead a dignified life.

Our Vision

A society where mental health is valued, and individuals with mental illness are empowered to lead fulfilling lives, free from stigma and discrimination.

Our Services

We offer a range of comprehensive services tailored to meet the diverse needs of individuals with mental illness and their families.



1. Day Care Centre:

- Our psychiatric day care centre offers a supportive space where individuals with mental health conditions can reconnect with daily life and society. It also provides respite and reassurance to family caregivers knowing that their loved ones are in compassionate and capable hands.
- We offer structured daily programs with personalized routines which includes therapeutic & recreational activities.
- Therapeutic activities- including art, music and yoga.



2. Mental health support:

- Support to ensure medical adherence.
- Individual and Group therapy sessions led by trained professionals.
- Crisis intervention and support.



3. Rehabilitation and Skill Development:

- Life skills training for self-care and vocational readiness.
- Vocational training and job placement assistance.
- Social skill training.



4. Community Integration:

- Social activities and recreational programs.
- Support groups for individuals and families.
- Advocacy and awareness campaigns to reduce stigma.

5. Family Support:

- Counseling and education for families.
- Respite care and support services.
- Workshops and training on how to best support loved ones.

Approach

Spoorthi Foundation has a large campus at Venkatapuram village of Shamshabad mandal in Ranga Reddy district of Telangana State. This facility will house multiple skill-based units for creating various employment opportunities in software, mechanical, agricultural, industrial, handicraft, food items/packaging, garment making/designing etc.

The job work will be obtained from the MNCs and Industries which require ancillary units. The trust will enter into a Memorandum of understanding and collaboration with the companies to create job opportunities.

We will provide vocational training /education to prepare individuals recovering/recovered from mental illness with workplace related skills.

Our team

The team is headed by a Senior Psychiatrist with vast experience of working in a private Psychiatry setup and Rehabilitation Centre. Other members include a senior retired judge, a senior engineer, a senior retired director in banking sector, president of a care givers association and two dynamic young psychiatrists. The team will also have professionals to train and guide people with mental illness.



How you can help

- **Donate:** Your financial contributions enable us to expand our services and reach more individuals.
- **Volunteer:** Share your time and skills by volunteering with our programs.
- **Spread Awareness:** Help us reduce stigma by educating your community about mental illness.
- **Partner with us:** Collaborate with us to create a more inclusive and supportive society.



*“ Hope is not the conviction that something will turn out well,
but the certainty that something makes sense,
regardless of how it turns out. ”*

- Valcav Havel

For further information contact us :

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Our Account credentials:

Trust Name : SPOORTHY FOUNDATION

Bank : Karur Vysya Bank Limited
Jubilee Hills Branch, Hyderabad,
Telangana.

Acct. No. : 1451011000000100

IFSC : KVBL0001451



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