

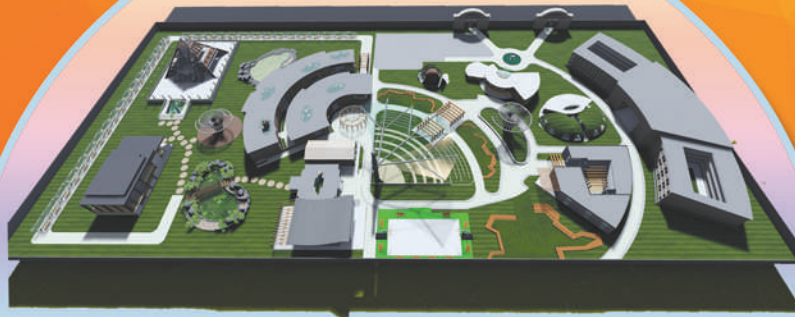
Regd.No.U85300AP2020NPL113917



SPANDANA EDA INTERNATIONAL FOUNDATION (SEIF)



ONE STEP TO SAVE LIVES



PSYCHOLOGICAL RESEARCH AND WELLNESS CENTRE



Dr. Eda Samuel Reddy
SEIF Founder & Chairman



02



SPANDANA EDA INTERNATIONAL FOUNDATION

ONE STEP TO SAVE LIVES



SPANDANA EDA
MBA (Finance)

About SEIF

Spandana Eda International Foundation (SEIF) is a non-profit organization founded on 28th January 2020 by **Dr. Eda Samuel Reddy and Eda Anji Reddy**. SEIF works selflessly to induce right ingredients for the wellness of today's youth in India. Regardless of colour, caste and creed, SEIF took an oath only on the purpose of Developing Emotional strength in the individuals by changing their thought process through certain Initiatives to avoid suicides or suicidal tendencies among the youth across India.

Spandana Eda International Foundation was launched with a motif of finding out various reasons by deeply researching in the changes that occur from generations to generations. One among such is the most immatured approach in the youth causing the tender emotional states trigger the thoughts of self-punishments. SEIF works on evaluating, promoting the procedures to subdue the suicidal tendencies through proper counselling.

The most pathetic, un-forgettable thing is the end of the life of a loved one. SEIF founder, Dr. Eda Samuel Reddy's one and only daughter, **Spandana Eda** ended her life committing suicide on 2nd January 2020 which brought a severe mental agony in the Parents and among the family members. The pain left the parents and family members like parched souls in an utter state of mind which aroused an idea not to let any individual commit suicide or even not to develop suicidal tendencies also. With the soul aim of a genuine cause, Dr. Eda Samuel Reddy and family members launched SEIF which works committedly only for the holistic development of the youth, strengthening their emotional efficiencies through various awareness programs and counselling sessions.

So **SEIF** determined to establish a psychological research and wellness centre in Guntur Dist. (A.P.) and plans to extend these centres all over India to bring a shift in the conventional paradigm of the society.

Vision : *Fuelled by a dream to be the pioneer and change maker by helping teens, young adults and their families to overcome depression and suicidal ideation.*

Mission : *To motivate and guide the psychologically affected students and youngsters through education, support and expert guidance for not taking any harsh decisions about their life, and to avoid great sorrow for the families ,society and the country at large.*

SEIF - PSYCHOLOGICAL RESEARCH AND WELLNESS CENTRE



RECEPTION

Reception is a welcome point to greet the visitors. It directs them to where they need to go. It maintains all visitors' list, scheduling appointments, receiving calls and Accommodation particulars.

Area : 1550 sft

Rooms : 6

ADMINISTRATIVE BLOCK

Administrative block is the connector between various wings of the organisation and ensure the smooth flow of information from one part to the other and manages all the affairs of the organisation.

Area : 3150 sft

Rooms : 12



LIBRARY

Library is an all-encompassing source of information. It helps in the overall development of a person. It is open to all the visitors for fulfilling the need for information. It maintains personality development books, periodicals, newspapers, e-books etc;

Area : 1285 sft

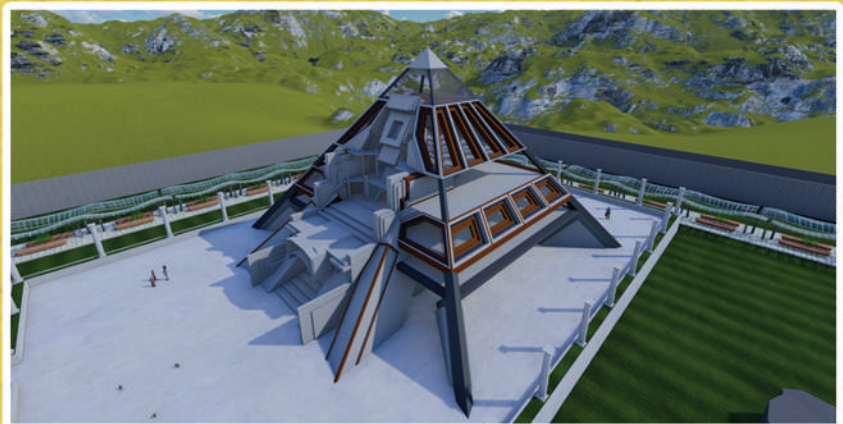
Rooms : 5

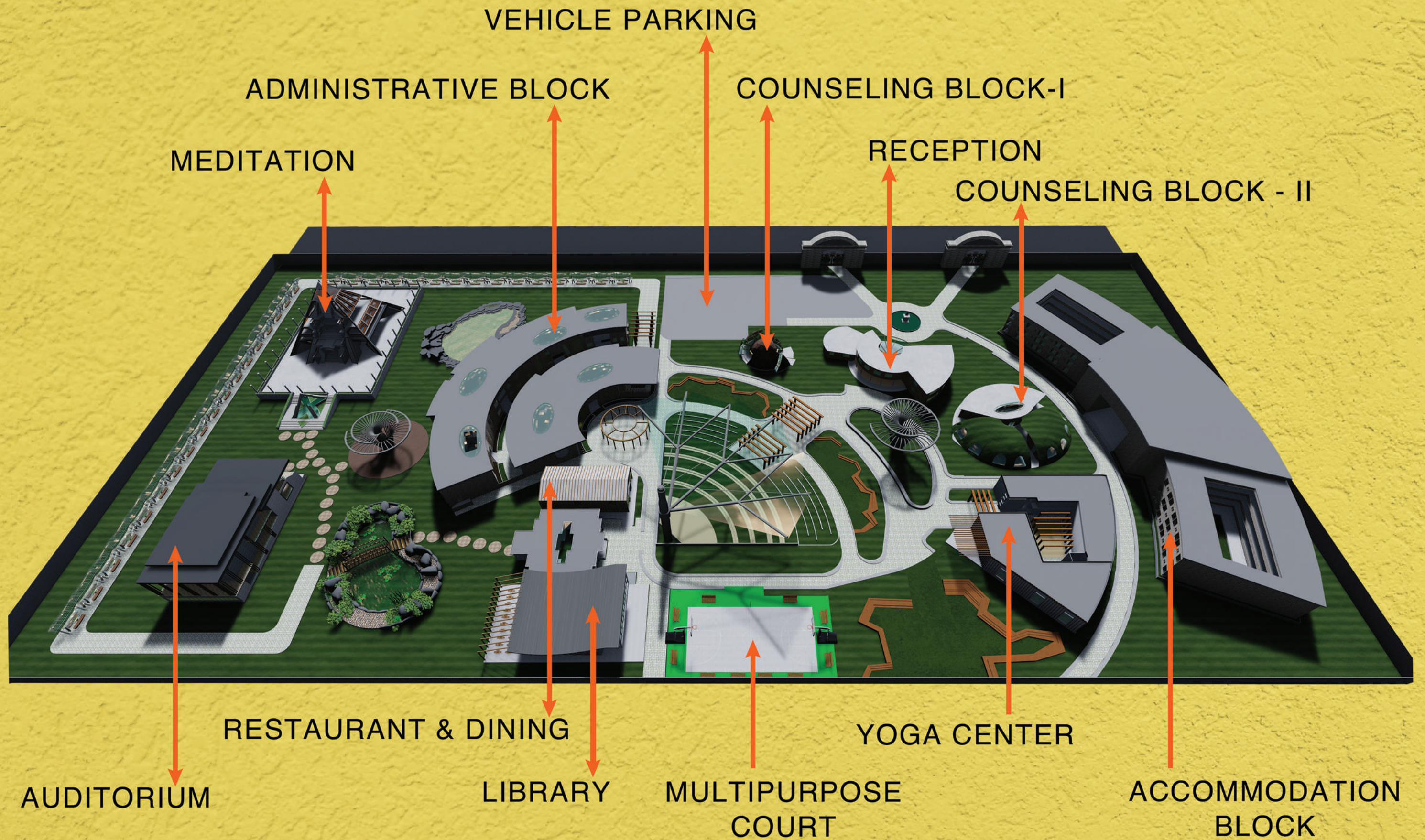
MEDITATION HALL

Meditation has positive impact on mental, physical and emotional health. This meditation hall helps to bring inner peace, happiness and overcome distractions by practicing meditation daily. It helps to focus on present.

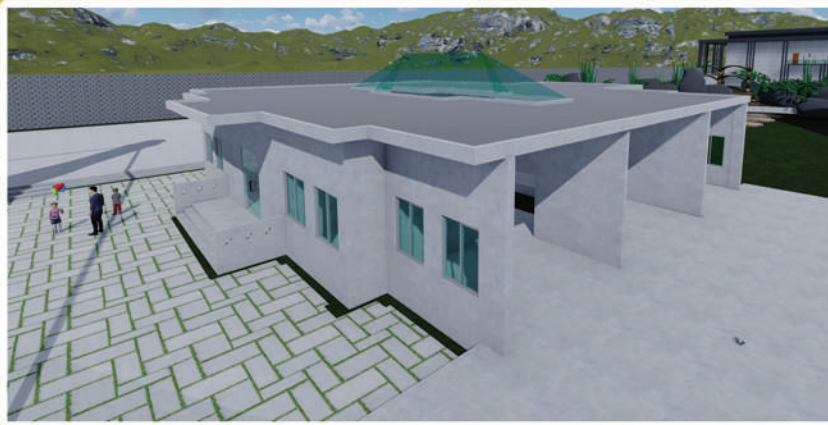
Area : 1050 sft

Rooms : 1





PSYCHOLOGICAL RESEARCH AND WELLNESS CENTER



AUDITORIUM

Auditorium is the area to conduct large meetings, Motivational classes, training programmes, presentations and performances by providing proper sightliness, seating and acoustical requirements. It accommodates large audiences.

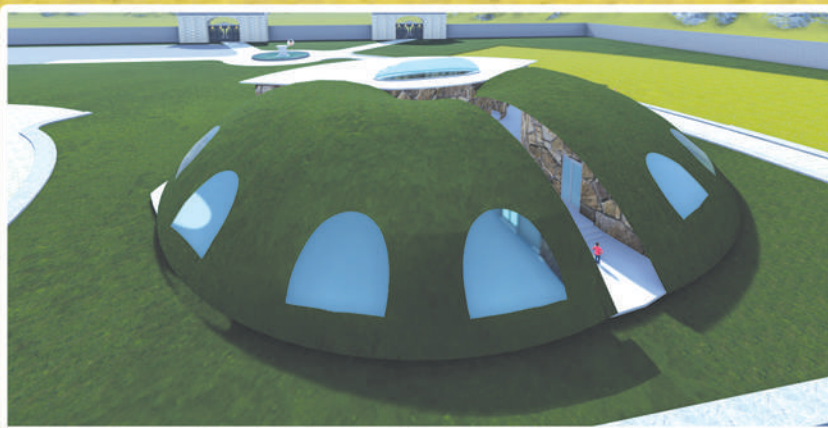
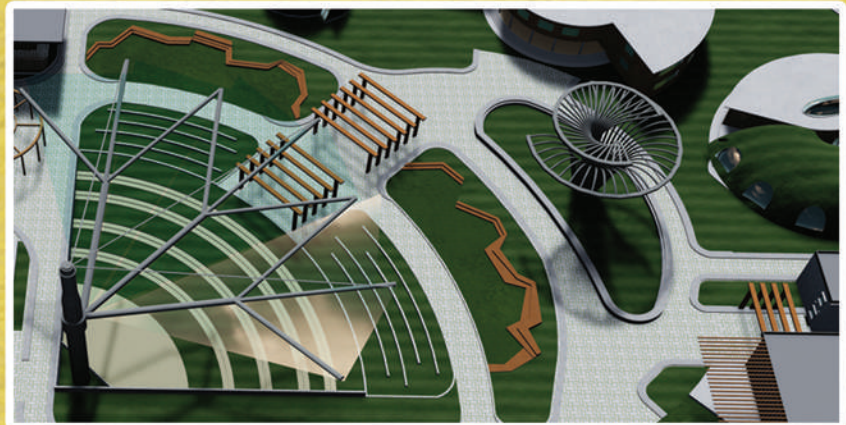
Area : 6000 sft

Rooms : 1

AMPHI THEATER

A large open area surrounded by rows of seats sloping upward. This open-air venue used for entertainment, performances, and sports.

Area : 10000 sft



COUNSELLING BLOCK- I

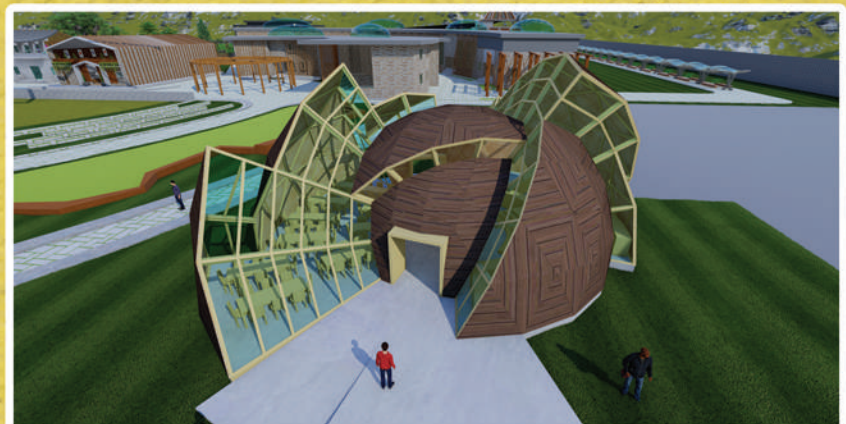
Now a days the need for counselling increases. People are faced with many challenges like family problems, vocational problems, financial crisis and so on. These factors increase the risk of developing or triggering depression in the individuals. The counsellors in the counselling block support the individuals and respect the views of counselees and make them to overcome their issues.

Area : 880 sft | Rooms : 4

COUNSELLING BLOCK- II

This counselling block is designed to develop emotional strength in people avoiding extreme steps they take in their life during emotional breakdown or in sensitive cases. Counsellors in this block evaluate and promote certain procedures to overcome the suicidal tendencies through proper counselling and training to weak and meek.

Area : 1540 sft | Rooms : 4





YOGA CENTRE

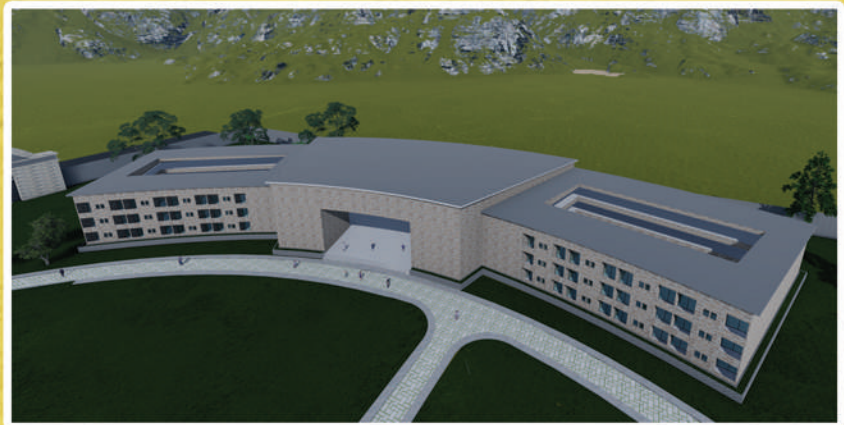
Yoga Centre helps to promote balanced development. The art of practicing yoga helps in controlling an individual's mind, body and soul. It enables self-awareness and improves self-esteem. It helps to manage stress, anxiety and keep the individuals relaxing.

Area : 1050 sft | Rooms : 1

ACCOMMODATION BLOCK

Accommodation block provides congenial environment to the visitors who want to stay in the Psychological Research and Wellness Centre. It provides hygienic accommodation to the people with all facilities.

Area : 8500 sft
Rooms : 76



RESTAURANT & DINING

The restaurant and Dining hall aims to provide balanced diet. A balanced and varied diet is very important for a happy and healthy lifestyle. It provides required nutrients that body needs to work effectively.

Area : 2200 sft
Rooms : 6

MULTIPURPOSE COURT

Multipurpose courts or multi-sport game courts satisfy the needs of a person who want to get indulged in a varieties of sports within one court. It assembles the facilities and functionalities of all types of courts

Area : 5000 sft





SPANDANA EDA INTERNATIONAL FOUNDATION



ONE STEP TO SAVE LIVES

OUR PROGRAMS




Life is Precious Value it
-The Ultimate truth
కాలేజీ విద్యార్థులకు



8 Elements of Wellness
-All round development of an Individual
వ్యక్తి సమగ్రాభివృద్ధికి



TREAT
Teens responsibility enrichment and attitude training
- To develop Positive attitudes in the Teens.
యుక్తవయస్సు పిల్లలు, తల్లిదండ్రులకు




PRISE
Psychologist role and initiative step in success education
- For Psychologists, Psychoanalysts and other therapists.
మనోవైజ్ఞానిక నిపుణులకు




Spandana Education and Encouragement Deed
- To enhance skills in High School Students.
ఉన్నత పాఠశాల విద్యార్థులకు



International Volunteers day 2021
- Laudable acts being Recognised
స్వచ్ఛంద సేవకులలో స్ఫూర్తి ని పెంపొందించు నిమిత్తం



SPEAK
SUICIDE PREVENTION EDUCATION AWARENESS & KNOWLEDGE
- An Intellectual Summit
బలవన్తరణాల నివారణకు మేధావుల చర్చ



WORLD SUICIDE PREVENTION DAY - 2021
Massive action in AP and Telangana
- Hope to the despair and to the parched souls
ఆత్మహత్యల నివారణ దిశగా అహగాహన సదస్సు



trend
Teacher's Rrelationship in Education for Nation Development
- For Mentors
ఉపాధ్యాయులకు



Self - Defence
-Fostering confidence levels in Girls
బాలికలకు ఆత్మ రక్షణ



PRIDE
Parent responsibility in delivering excellence
- For the art of Parenting
అత్యుత్తమ శిక్షణను అందించడంలో తల్లిదండ్రుల పాత్ర



Women's wing
- Overcoming all kinds of barriers as a woman
మహిళల అభ్యున్నతికి

Anything grows from contributing factors is the nature 's law. Applies to us when we are the cause behind someone's growth. Let's join hands to contribute.

NAME : SPANDANAEDA INTERNATIONAL FOUNDATION
AC.NO. : 50200048425564
BANK : HDFC BANK, BRODIPET BRANCH, GUNTUR
IFSC : HDFC0005397



📍 D.No.482, Srinivasam Complex,
2nd Floor, 5/5 Arundelpet, GUNTUR-522002.
✉ E-Mail : spandanaedaif@gmail.com
🌐 Web : www.spandanaedaif.com
📺 You Tube spandanaedainternationalfoundation

📍 **HYDERABAD :**
B-9, H.NO.1-8, 450/1/B/9
Indian Airlines Colony, Begumpet
Hyderabad - 16, Telangana State

Helpline : +91 8886044771,72

Mobile : +91 888 555 8129

Helpline : +91 8886044773