

Regd. No. : U85300AP2020NPL113917

SPANDANA EDA INTERNATIONAL FOUNDATION (SEIF)

One Step To Save Lives



www.spandanaedaif.com

About the Founder:

Dr. Samuel Reddy Eda is a successful business man and entrepreneur. An incredible Mentor. Empowering, Inspirational speaker who has transformed lives of thousands of individuals and families. A man of simple living and high thinking with excellent leadership and management skills. He creates a space for people to show up better than him.



Dr. Samuel Reddy Eda

Founder & Chairman
SEIF

Awards

- Vijaya Bharath Puraskar
- Mahatma Gandhi Puraskar
- Ugadi Puraskar
- Shining Image of Asia
- Udyoga Rathan Award
- Dr. APJ Abdul Kalam Excellency Award



Our Vision:

Fueled by a dream and determination to be the change maker and torch bearer helping everyone in the society to overcome their psychological issues or perversions, depressions and not to become vulnerable during hard times, to prove that this sacred ancient land stands for its strength, commitment and courage and its fellow citizens do possess unfailing and unfailing indefatigability in their holistic life, bring a new paradigm in one's thinking process enabling emotional strength, moulding one's personality stand firm for ever..

Mission :

To motivate and guide the people of all sects through education, support and expert guidance to overcome hurdles, face insurmountable problems anytime, not to cause great damage for the families, society and country at large, to make everyone learn the art of balancing personal, professional and social life, creating a new thinking process using their creative imagination, acquire bountiful courage by providing everyone the right insights into their character through training, counseling and several awareness programmes.

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** 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. SEIF observed that cynical thoughts disrupt the normal life of youngsters. So, it gathered opinions, suggestions and advices from Intellectuals, psychologists, Educationalists, various Professionals, Teachers, Parents and from prominent people of different walks of life and started to work on the thought process of individuals in various sectors to bring a shift in the conventional paradigm of the society and SEIF also emphasizes that thoughts produce feelings, feelings produce actions, actions produce results.

Objective of SEIF:

For the Harmonious development of the Individual, SEIF has designed 12 programmes which will help the youngsters to develop all the possible aspects of a better personality. The ultimate success for any Individual first starts from his/her inner personality. Nothing is achieved outside without achieving inside. SEIF is working on some of the key aspects to develop that Inner Personality of youth and general public by executing series of programmes.



OUR PROGRAMMES:

Life is precious, Value it -The Ultimate truth.

SEIF has organized various training programs offline and online for all the general public only with a motto of raising their maturity levels and bringing Emotional strength in them in order to let everyone know the value of life.

These trainings have helped thousands of people overcome depression, mental agony and other psychological issues. SEIF has practically received witnesses who have stopped from ending their lives through calls and meetings and the rest who have not called to share their experiences have no number.



Eight elements of wellness - All round development of an Individual.

Wellness is all about the way we live and experience the joy, fulfilment and health. Perceptual changes and bringing balance are the crucial aspects of wellness. SEIF works for creating awareness in the Individuals about how to create balance in all the situations faced in the day-to-day society by incorporating Eight elements (Physical, Emotional, Intellectual, Social, Financial, Cultural, Environmental and Spiritual) of wellness.



Treat (Teens Responsibility Enrichment and Attitude Training) – To develop Positive attitudes in the Teens.

SEIF observed the changes in today's youth and identified that some of the students are more vulnerable to global changes and became prey for the allurements. Putting all these issues in mind SEIF introduced "TREAT" programme and through this programme SEIF laid stress on EQ levels, empowerment of teenagers and youth and steps to overcome digital addictions etc. Students and parents participate in this programme.



Speak (Suicide Prevention Education Awareness and Knowledge)- An Intellectual Summit.

SEIF came forward to discover the hidden solutions to these suicidal tendencies and related problems and issues for which SEIF invites Eminent personalities elevated in their chosen fields of endeavour. From more than 15-20 fields like Judicial, Political, Medical, Social, Fine arts, Spiritual etc. SEIF brings all these professionals to one dias and has sought their opinions, suggestions, advices and innovative ideas to address these issues by finding various solutions to improve mental health of the people. SEIF notes down all these innovative ideas and solutions to address the insurmountable problems and represent them to the Governments for the wellness of the society.



World Suicide Prevention Day (Massive action in various places) - Hope to the despair and to the parched souls.

SEIF centers its work on the holistic development of youth more on strengthening emotional efficiencies, learning the secret of balance through various awareness programmes. Ultimately SEIF has injected a new vitality into the people bringing a ray of hope by all means especially through organizing its awareness activities. Great personalities in the society address the individuals through awareness programmes.



Trend (Teacher's Relationship in Education for Nation Development)- For Mentors.

Teachers have ultimate role in shaping the children and their future. SEIF updates day to day knowledge by various ideas and advices teachers suggest in understanding changes in today's generation. So, SEIF started its "TREND" journey with the teachers with synergistic approach.



Prise (Psychologist Role and Initiative step in Success Education)- For Psychologists, Psychoanalysts and other therapists.

The ultimate aim of SEIF is to develop emotional strength in people avoiding extreme steps they take in their life during emotional breakdown. With this Motto SEIF Launched, a program called “PRISE” for which SEIF invites Psychologists from various places and started its journey with them in changing the Thought process of individuals.



Seed (Spandana Education and Enrichment Deed)-To enhance skills in High School Students.

SEIF firmly believes training these 8th, 9th and 10th class students is first and foremost important. What is learnt in school life can sustain in all their life impacting their formative years. SEIF launched “SEED” programme to focuses on imparting skills on their study management, financial management, emotional management and interpersonal and intrapersonal skills. This programme has started in the schools and till it goes on.



Self Defence-Fostering confidence levels in Girls.

Though one can see the women empowerment on one side but pathetically on the other side girl children have been facing discrimination, distress and even peer pressure from their own families, relatives and society. The SEIF keenly observed all these kinds of things in the society, researched and brought forth “self defence training for Girl child” and launched the self- defence programme. This training provides the girl children the To-Do list for self defence.



Pride (Parent's Responsibility in Delivering Excellence) – For the art of Parenting.

Family is the child's primary social group. Parents play pivotal role in Mental, physical, social and career development of a child. SEIF opined that training parents will come into count in building better society. SEIF started “The art of Parenting” through a programme called “PRIDE”.



International Volunteers Day -Laudable acts being Recognised.

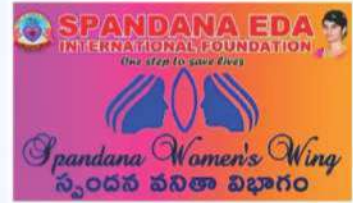
Volunteers are more responsible for any organisation to run successfully. SEIF has given utmost importance by recognising their importance and value while organising any program anywhere all over the country. Encouragement to them has added much more value in their life. So many people from different walks of life have voluntarily joined SEIF and became volunteers. Present, Thousands of volunteers have joined SEIF from various fields and organisations from various places throughout the India.



Women's Wing (Spandana Vanitha Vibhagam)-

Overcoming all kinds of barriers as a woman.

SEIF launched women's wing by establishing advisory committee board bringing experts from all the concerned areas for the welfare of women and conducts various regular action oriented trainings which take place every 2nd and 4th Thursday. The chief aim of women's wing is to develop confidence levels and raise their emotional strength and overcome all types of barriers with the help of eminent



personalities in certain particular areas. In addition to these, SEIF is honoured being collaborated with women's commission, Andhra Pradesh. In the name of "Sabala"(Empowering women of Andhra Pradesh), with their support, SEIF organised awareness programmes to eradicate violence against women. Apart from the above, SEIF has also taken another initiative to develop self-confidence, self- motivation and self- defence in girl children by launching a new programme called " SWATANTRA - Fearless freedom"

SEIF(Spandana Eda International Foundation)has reached above **10,00,000** individuals, including students, parents, teachers, psychologists and eminent personalities in different walks of life through 12 Successful programs. In the process, we are determined to establish **Psychological Research and Wellness Centers** across India, starting in Guntur, Vizag(A.P), and Hyderabad(Telangana). With dreams turning into reality, The center's foundation has been laid with all religious prayers in Nambur, Guntur Dist., and work is progressing in a peaceful atmosphere. Despite having more than **3000** volunteers, SEIF has been entirely self-funded until now, not accepting any contributions. However, due to overwhelming public responses and the need for systematic development to ensure comprehensive individual growth, SEIF has decided to initiate **Donations and Contributions**. We invite everyone to join hands and contribute to this cause, as every penny counts in fostering positive change and achieving comprehensive individual development. Together, we can bring about a paradigm shift in conventional thinking and foster positive change in our communities. Join SEIF mission for positive change and empowerment.



Name : SPANDANA EDA INTERNATIONAL FOUNDATION
AC.No : 50200048425564
BANK : HDFC BANK, BRODIPET BRANCH, GUNTUR
IFSC : HDFC0005397

Name : SPANDANA EDA INTERNATIONAL FOUNDATION
AC.No : 42016331692
BANK : STATE BANK OF INDIA, KANNAVARI THOTA, GUNTUR
IFSC : SBIN0013483

*We know heaven must be beautiful right now....
Because it has you in it.*

-DR Eda Samuel Reddy



SPANDANA EDA



SPANDANA EDA INTERNATIONAL FOUNDATION (SEIF)

Regd. No. : U85300AP2020NPL113917

D.No.482, Srinivasam Complex,
Arundelpet - 5th Line, Guntur,
Andhra Pradesh - 522002.

H.No. 4-7-147/3, Street No. 1,
Nagendra Nagar, Beside
Anand Eyecare, Habsiguda,
Hyderabad - 500007 (T.S).

Call : 88855 58129
Helpline numbers
+91-888 6044 771/2/3.

Email: spandanaedaif@gmail.com
WWW: www.spandanaedaif.com

 <https://www.youtube.com/c/spandanaedainternationalfoundation>
Follow us on:   

Helpline Numbers: +91-888 60 44 771/ 2 / 3



Achievements:
Received the award of
"Certificate of Commitment" from

- ★ World Book of Records, London.
- ★ Received ISO certificate ISO 9001:2015
- ★ Received "Best Social Service Award"
on Republic Day 2021 by Govt of AP
- ★ Integrity Peace Puraskar.
- ★ Indian Book of Records-2022.
- ★ Chaitanya Puraskar United Arab Emirates-2023.

"To etch its name in Gold as the best Foundation creating Bench
marking standards and improvements in the lives of so many."

-DR Eda Samuel Reddy