



## WHO WE ARE

At Spine Wellness Care Foundation (SWCF), we are dedicated to enhancing the lives of individuals affected by spinal ailments, offering compassionate support that goes beyond medical treatment. As a charitable Non-Governmental Organization, SWCF is committed to uplifting the wellness of those impacted by spinal conditions, helping them achieve better health and improved quality of life.

SWCF provides a holistic approach to spine wellness through direct initiatives and partnerships with government bodies and local organizations across India. Our services focus on addressing the multifaceted needs of individuals with spinal issues.

## OUR MISSION

Our mission is to empower individuals affected by spine-related ailments by providing comprehensive support that includes:



### Supporting medical and rehabilitation care

Supporting access to quality treatment as well as rehabilitation.



### Awareness

Creating awareness about prevention and management of spinal ailments.



### Vocational Support

Assistance in skill-building and job placement to enhance self-sufficiency.



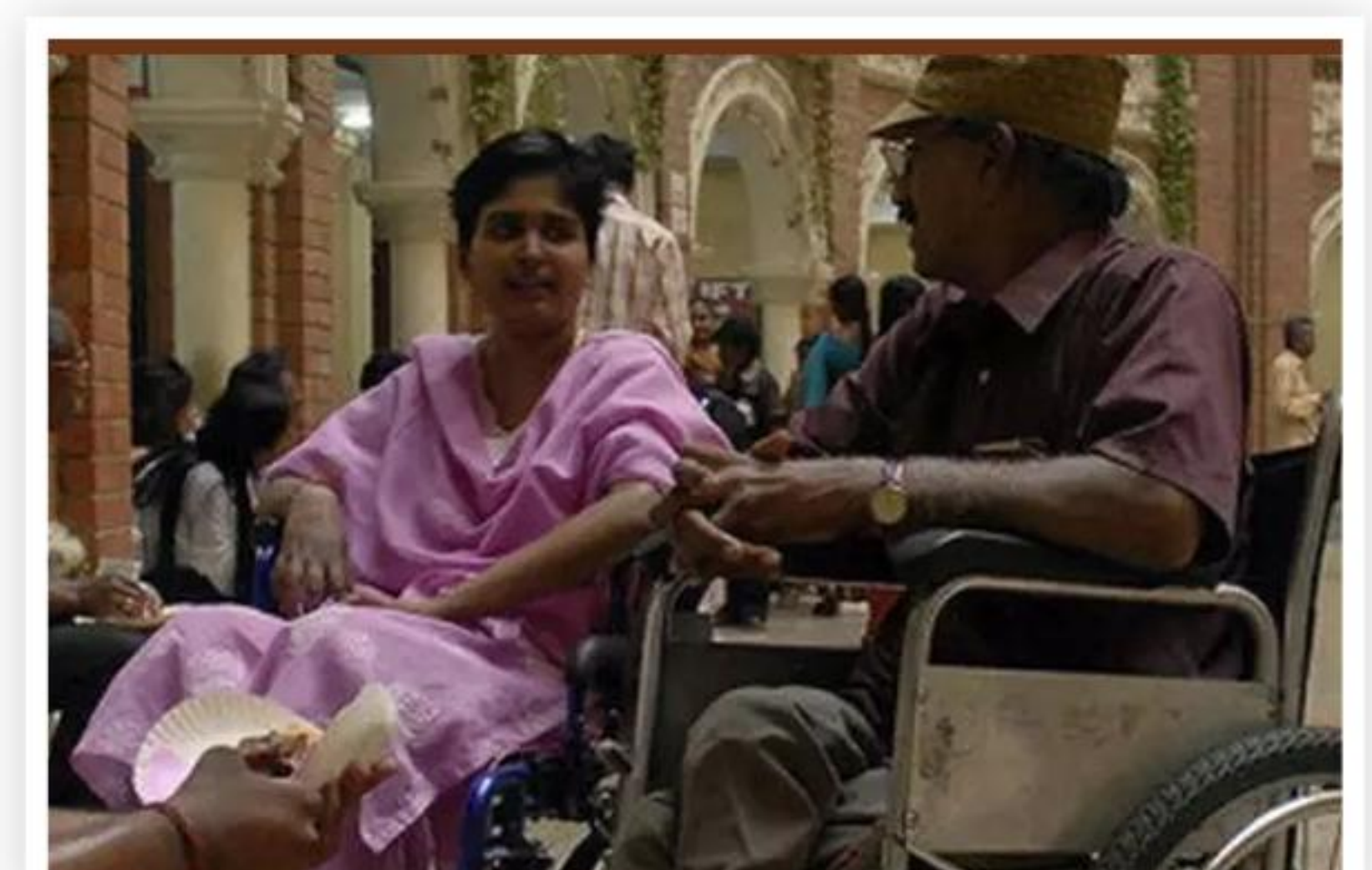
### Advocacy

We work to influence policies that help prevent spinal ailments and build better infrastructure for their care and management.



### Recreation, Sports and Social support

Programs that encourage a fulfilling lifestyle and community integration.



### Helpline and Apps

Forthcoming initiatives to provide app, online and telephonic consultation



## SOME KEY INITIATIVES

- Lobbying with Government of India for Injury Prevention Week and Injury Prevention Program.
- Lobbying for a National Spinal Cord Injury Program
- Conducting and Coordinating Injury Prevention Week activities from 1<sup>st</sup> to 7<sup>th</sup> September
- Organising Spinal Cord injury day (5th September) activities.
- Funding research associate for formulation of Injury Prevention Program
- Organising Spine20 2023 – The annual Summit of Spine20, an advocacy group founded in 2019 in an effort to improve spine care on a global level through recommending policies to the G20 countries that help them alleviate the burden of spine disease through various means including stimulating better spine health, advanced spine research, enhancing spine innovation pathways and improving spine care and treatments.
- Supporting medical care and rehabilitation of poor and indigent patients.
- Promoting wheelchair sports by funding activities of consumers.

*Registered as a Trust under  
Indian Trust Act 1882*  
**World Economic Forum**  
**14 February 2020**



**Ms. Pragya Ghildiyal**

Thanks to Swcf and Dr. Chhabra for believing in me and my dreams, they have helped me financially and led me to achieve my goals.



**Ms. Shivani**

Swcf and Dr. Chhabra has provided me with this wheelchair, which is helping me a lot. I can study well now and go to college.  
**Thanks to Dr. Chhabra and Spine Wellness Care Foundation.**



## VISIONARIES BEHIND SPINE WELLNESS CARE FOUNDATION



**Founder, Chairman**

### **Dr. H S Chhabra – Director, Department of Spine & Rehabilitation Centre, Sri Balaji Action Medical Institute**

Dr. H.S Chhabra, with over 33 years of expertise, is a distinguished Spine surgeon and the Director of Department of Spine and Rehabilitation at Sri Balaji Action Medical Institute, New Delhi. He is the President of Spinal Cord Society and Association of National Board Accredited Institutions and past president of International Spinal Cord Society (ISCOs), Association of Spine Surgeons of India (ASSI) and Spine Society Delhi Chapter.

Dr. Chhabra's career is marked by exceptional contributions to clinical practice, research and education in spine and rehabilitation medicine. He has 186 publications and 24 book chapters to his credit, with his work featured as chairperson of ISCOs Prevention Committee, including the establishment of Spinal Cord Injury Day and the ISCOs Spinal Injury Database (IDAPP).



**Dr. Maninder Kaur Chhabra  
Co-founder**



**Smt. Pritam Kaur  
Co-founder**



**Smt. Sushil Kaur  
Co-founder**



**Kabir Chhabra  
Co-founder**

*Through our efforts, we strive to create a supportive environment that fosters hope, health, and a sense of belonging for every individual facing spinal challenges.*

**JOIN US IN MAKING A DIFFERENCE**

**TOGETHER, WE CAN CREATE A HEALTHIER, MORE INCLUSIVE SOCIETY  
FOR INDIVIDUALS AFFECTED BY SPINAL AILMENTS.**

For more information: [www.spinewellnesscarefoundation.in](http://www.spinewellnesscarefoundation.in)