



# Sheetal Astitva



## Mission

Sheetal Astitva's mission is to promote health and wellbeing – physical, psychological and social – to people across the barriers of caste, class, gender, language, and ethnicity.

We believe that there is no health without social justice



## Vision

Sheetal Astitva endeavors to combat mental ill-health through an innovative, multifaceted approach.

We aim to provide mental health education and training in communities, corporate settings, academic institutions.

Keeping a preventative mindset, the aim is to combat stigma and help decrease the burden of mental ill-health.

We also aim to develop partnerships with existing stakeholders in the field in order to increase access to quality healthcare for those in need.





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## Values

**ACCOUNTABILITY:** The foundation of our work is accountability. We are accountable for the responsibilities we take up and the communities we serve. We will engage in ethical practices, transparency, and accountability in all our functioning, as a non-partisan organization.

**INNOVATION:** We will aim to be creative, up to date with the scientific literature, evidence-based in building interventions for social problems.

**EMPATHY:** Our innovations will be guided by the principle of empathy which is indispensable while dealing with people's mental health needs.

**RESPECT:** We aim to create a nurturing environment of respect for every individual and organization.

**SOCIAL JUSTICE:** Our work in mental healthcare and capacity building will uphold the core principles of social justice, viz, participation, human rights, equity, and access.

