



***A JOURNEY TOWARDS WELL - BEING***

*Empowering The South Asian Community*





# Who We Are

“SKN Foundation was born from the deep awareness that our community often suffers in silence. We built this organization to offer dignity, support, and culturally grounded care — so no one feels alone in their journey toward wellness.”

*Dr. Naveen Mehrotra*  
*Founder*

***“SKN Foundation exists to break the silence around health disparities, disability stigma, and mental well-being in the South Asian community.***

***We empower families with compassion, culturally-rooted programs, and unwavering support — so no one has to walk alone on their journey to wellness.”***

Born from the need to address silent struggles around health, disability, and stigma, SKN Foundation is a 501(c)(3) that listens first, then lifts.

**Our goal:** To create a world where every individual feels empowered, heard, and well in every sense of the word.



# CORE VALUES



## CARE

Our way of caring is to provide genuine compassion and attentiveness to our community. Ensuring their needs are met with empathy and understanding. Care is at the heart of everything we do.



## WELL - BEING

The well-being of our community is a priority. A community needs to thrive. This is possible by ensuring that they develop sound physical, emotional and spiritual health, as this will foster wholeness, vitality, balance and contentment.



## GUIDE

We provide comprehensive guidance and support to our community members through information, resources, and direct assistance.



## EDUCATION

We believe that by providing education and spreading awareness on relevant physical and emotional health topics, we can empower our community to live healthier lives.



## COMMUNITY BUILDING

We believe that a thriving community is built based on health education, preventive care, access to quality information and support systems.

# What We Do

*SKN Foundation delivers wellness through three core programs:*



Supports South Asian families navigating the challenges of special needs through services that include the Helpline, IEP consults, events, and empowerment programs.



Offers preventive healthcare screenings, mental wellness workshops, and culturally relevant care access.



## COMMUNITY OUTREACH

Hosts health fairs, forums, and campaigns that bring services directly to the community.





Special needs Community Outreach  
Program for Empowerment

***Beyond Well-being:  
A Journey towards Empowerment***



- **SCOPE Helpline (908) 333-4435**
- **Parent Support Groups**
- **IEP Consult Services**
- **Parent Empowerment Programs**
- **Judgment-free Social Events**
- **Workshops & Training Sessions**



## *A Journey towards Wellness*






- Culturally competent care for all
- Early screenings: A1C & lipid tests
- Community Outreach to Cultural Groups
- Guidance to navigate care
- Local & state-level health advocacy



# ***JOIN THE JOURNEY TO WELL-BEING***

## **CONNECT WITH US AT:**

-  [www.sknfoundation.org](http://www.sknfoundation.org)
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-  (908) 671-1344
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**THANK YOU**

