



**FREE AND CONFIDENTIAL
COUNSELLING CENTRE**

10 Padmaraonagar, Secunderabad - 500 025. Phone : 2750 4682, Cell : 9441778290

EXTN CENTRE 1	EXTN CENTRE 2	EXTN CENTRE 3	EXTN CENTRE 4
SCR Mazdoor Union Office 7-C, Railway Building Near Bus Terminal Secunderabad - 500 071.	Oncology Block, Ground Floor, N I M S, Panjagutta Hyderabad - 500 004.	Sri Shirdi Sai Baba Temple Dwarakapuri Colony Panjagutta, Hyderabad - 500 082.	Dept of Psychiatry (OP) Gandhi Hospital Musheerabad Secunderabad - 500 020.

A Brief Report on the working of SEVA

From mid-1993 SEVA has been in continued service of free and confidential counselling for all types of emotional problems to anyone irrespective of religion, caste, status or gender. Anyone can walk in to the SEVA counselling centre and meet with a trained volunteer who will listen and talk to them, maintaining total confidentiality.

Under the chairmanship of Shri. KowthaLalith Manohar a team headed by Smt. SharadaGopalakrishnan, an experienced counsellor and trainer from Sanjeevini of Delhi, comprising eminent members like Prof.Kolhatkar of JNTU, Shri. Sudarshan Khanna a senior officer of Indian Railways and Ms. Havovi Patel a young Psychologist, the organisation got formally registered under the name SEVA on September, 6, 1993 with its registered office at KowthaSwarajyaVihar, 10 Padmaraonagar, Secunderabad - 500025. As a divine coincidence, His Holiness Jagadguru Sri JayendraSaraswatiSwamiji of KanchiKamakotiPeetham who was camping at the same premises had blessed SEVA right at inception. In the following months other major milestone formalities like 12A registration and approval for 80G exemption were covered.

SEVA has been constituted with the following aims:

1. To offer free and confidential service to anyone having emotional problems irrespective of the class, religion, caste, creed or sex.
2. Referral service – To have referral service to guide clients to appropriate medical help.
3. To offer family counseling to members of those having medical treatment for mental illness.
4. To have day-care center for psychotic who have recovered sufficiently for the same.
5. To have a day center for addicts.
6. To have training programs for volunteers regularly.
7. To offer counseling training programs for other similar organizations.
8. To have Community Outreach Program to create awareness in people about important mental health issues.

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9. To conduct scientific research including observation, investigation and to disseminate information on mental health problems.
10. To bring out publications and also publish periodicals concerning the subject as and when possible.
11. To take all possible steps to involve the youth and mould them for simple-living & high thinking habit.
12. To open branches at different places after surveying the community.
13. To conduct seminars & conferences on mental health.
14. To do all such other things which will be conducive to the fulfillment of the above objects.

Over these 25+ years, SEVA has continually trained volunteers and has a large number of volunteer counsellors and had established multiple centres across Secunderabad and

Hyderabad –at Nizam’s Institute of Medical Sciences, PanjaguttaSaibaba temple, Railway Mazdoor Union, Gandhi Hospital and BalkampetSaibaba temple.

Every year SEVA conducts a three day Counseling Skills training workshop for new volunteers and also for aspirants from other NGOs. Eminent trainers like Wg. Cmdr. Murthy from Bangalore and Dr. Ali Khwaja of Banjara Academy, Bangalore have been conducting these training workshops.

Major seminars and training programs on new trends in Psychological therapies are brought into by SEVA for the community of Psychologists, counsellors, students and academicians in Hyderabad. Dr. Pravin Israel, Senior Researcher, from University of Oslo, Norway presented a new therapy approach by the name, Attachment Based Family Therapy that has been very effective in prevention of Youth Suicide. Dr. Keyoor Joshi, Asistant Professor, West Texas A&M University, USA introduced to the Hyderabad community of psychologists ‘Motivational Interviewing and Partners for Change Outcomé Management Systems(MI & PCOMS) a measurement based therapy model’ through a one day orientation and training.

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SEVA has been conducting regular lectures under the name of Pehchaan by inviting eminent speakers like Shri. YendamooriVeerendranath, Prof. Pradeep Ramancharla, Shri. M.R. Vikram and Dr. Vijay Seshadri on social issues inviting general public. These lectures are held within KowthaSwarajyaVihar premises. Every year SEVA has been conducting its anniversary and eminent personalities are invited to give guest lecture on Psychology, Emotional Well Being, Relationships, etc.

One big scourge that plagues India is Suicides. And a significant number of young lives are lost due to suicides in India – the second biggest reason for youth lives being lost, next to accidents. SEVA as part of its ongoing initiatives conducts awareness programs on September 10 every year on World Suicide Prevention Day on Suicide Prevention Awareness.

SEVA does outreach programs at educational, social and business institutions reaching out to thousands people at these places educating them on emotional well-being, stress management and tips on how to be self-motivated always to achieve life goals.

One major off-shoot of SEVA's efforts is SEVA MELA an event offering an opportunity for other social service organisations like orphanages, old age homes, schools for disabled and also those that promote social awareness. The first edition of SEVA MELA was conducted at Kowtha Swarajya Vihar.

In addition to in person counselling telephone counselling also is offered for people beyond the twin cities, sometimes even to people calling from overseas. In the past 25+ years SEVA has directly and indirectly benefited over 15000 lives.

Our website www.sevacounselingcentre.org has more details for easy access to all. Our helpline number 9441778290 has been open for online counselling in addition to the landline (040)27504682 that is open during SEVA working hours.

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But for the philanthropy of making the premises available free, SEVA could not have achieved ANY of the above; And SEVA and its executive team shall remain ever grateful to Shri Kowtha Manohar and the management of the premises for their magnanimity.

Best Regards

A. Thiagarajan

A.Thiagarajan

DIRECTOR – “ SEVA”

Dt: 12th November 2018.