



The Annual General body meeting was held on December 27, 2014 at 4:30 PM at Seva, Padmarao Nagar centre. It was attended by 21 members.

The 2014 year activities report was presented by Rajendra Tapadia, Secretary of Seva Free and Confidential Counseling Centre after the brief welcome. After the secretary's report, S. V. Saroja, Treasurer of Seva, presented the financial report. Later ideas and suggestions on how to address the advertisement, improve Seva's reach, Caller rate etc were discussed and recorded.

The details follow:

Activities:

Conducted Training workshop for new volunteers from January 17 to 19. There were 16 new participants and 12 existing Seva volunteers

The training which included theoretical concepts, role plays, case studies and the video presentation was conducted by Seva members. It was a well orchestrated effort - each of us choosing a couple of modules and role plays.

The workshop gave insight into Mental health and Counseling process in a simple way. The videos, case studies and role plays enacted during the workshop gave a very good understanding of the complete counseling process.



Seva organization that is nurtured by everyone's love, affection and efforts celebrated 2 decades of growth and success on 16th February at Kamakoti Kalyana Mandapam, Padmaraonagar.

The event's star speaker was Sister BK Radhika from spiritual organization Brahma Kumaris. Well known Rajyoga teacher Radhika holds masters degree in psychology. Brahma Kumaris organization shows path to achieve peace to its disciples. Off late Sister Shivani's talks on TV has brought lot of awareness so Seva family members were eager to get benefitted from Sister Radhika.

Spiritually enlightened crowd further enjoyed meaningful melodious songs by veteran artist Pandit Suryakant Bhatt & his team.



Organized an outbound program conducted by Zenobia Rustomfram at Greenfield, Gandipet on March 2nd.

Participating in Zen's professionally tailored activities based on Outward Bound while connecting with 'Mother Nature' at Greenfield was an enlightening experience. Various groups from different walks of life got benefitted from these activities. Members of 'Seva Counseling Centre' participated in activities. Aim was to enhance their counseling skills while enjoying together, away from city's hustle-bustle.



Scholarly lecture and an interactive session was conducted on April 16 at Sunshine Hospital Auditorium, by Dr. Pravin Israel from Norway on a new therapy model called Attachment Based Family Therapy for the first time in India.

Dr. Pravin Israel is a clinical psychologist with roots from Hyderabad. He currently lives in Oslo, Norway and is working as senior researcher at the largest hospital in Norway - Akershus University Hospital. He is also associate professor at the Department of Psychology, University of Oslo, Norway. He specialized in clinical work with children and adolescents where working with families and the context around children is an important focus. His research focuses on testing effectiveness of psychological interventions in community clinics. He is a close collaborator with Professor Guy Diamond and his team and is currently running a large clinical study on ABFT in Norway.



Seva took part in the Suicide Prevention Awareness walk on September 10. The theme this year was: "Conquer DEPRESSION TALK ABOUT IT"



6) Thiagarajan Arunachalam and Mala Thiagarajan conducted two rounds of one day training of Orientation to Basics of Counseling at Yadgir for the trainers of teachers of Azim Premji Foundation. Close to 32 people were trained.



The DAAN UTSAV formerly known as Joy of Giving Week (JGW) is India's "Festival of Giving" celebrated during October 2nd to 8th every year brings together Indians from all walks of life, to celebrate joy of "giving".

SEVA MELA, a part of JGW to connect NPOs with people including Corporates, public and every one who can support the NPOs that work in remote corners to a central place under one umbrella was conducted on October 4 and 5th.

In a simple word it's CONNECTING ALL NPO's. This year also around 100+ NPOs participated in this event.



As part of Pehchaan lecture series, the following 3 talks were conducted:

Talk by Ms. Zenobia Rustomfram on "Do we understand our Children" on April 13.

Ms. Zenobia Rustomfram, a post Graduate in Social Sciences from Tata Institute of Social Sciences, a Fullbright Scholar, a counselor with 35 years of Counseling experience, a pioneer in School Counseling in Hyderabad, Counselor at ISB, Joint Director at Greenfields Centre for Outdoor Development Programs and a well known Guide on Parenting Skills.



Our respect increases ten folds for the person when we realize that 'Preaching is followed by action'. Dr. Ramancharla Pradeep Kumar, narrated real incidence from his life while concluding introductory talk about 'Jeevan Vidya' (Human Values) at 'Pehchaan' - talk series (SEVA initiation) on Sunday, 10th Aug' 2014 . Incidence was about his efforts to follow 'Jeevan Vidya' - platform that brings out the need for human values and relationships and is founded upon the knowledge of the self.



Talk by Dr Vijay Seshadri on "Issue of Alcoholism and Drug Abuse" on November 9th.

Dr. Vijay Seshadri is an MD in Psychiatry with over 15 years of experience in general hospital psychiatry set up, dealing with various kinds of adult psychiatric illnesses with special focus on substance abuse and dual diagnosis. He is a consultant with Chetna Hospital and Care Hospitals and also associated with Hope Trust. His work currently involves clinical as well as research-academic and as an Investigator in multiple International multi centric drug trials. He is also involved as a co-investigator in a large community based study on epilepsy.



9) Senior Counselors Advance Training was conducted by Havovi Patel and Subhash Dhage on 22nd & 23rd November.

Count of callers at each centre for the year:

- 1) Gandhi Hospital: 300. Around 40-45% were attempted suicide.
- 2) Panjagutta: 98
- 3) Balkampet: 60
- 4) Padmarao Nagar: 363
- 5) Counseling at a Kiran Enclave premises: 20

Advertisements:

- 1) Paper and Auto ads

Outreach:

Thiagarajan conducted the following outreach activities:

1. Sai Junior College for Visually Handicapped Girls
2. Aurora Business School
3. Job Aspirants at NeoIT Solutions
4. Present about SEVA at Alcoholics Anonymous

SriRam Murthy did counseling at Kasturba Gandhi National Memorial Trust.

The following are recorded based on AGM:

- 1) Talks conducted by Seva volunteer, Dr Radha Vasudevan on monthly meeting days. Some of the topics include:
 - The Hidden Messages of Water
 - Impact of stress" and using a few "destress buttons"
 - Tapping Technique
- 2) Talk on Schizophrenia by Dr Madhu Joshi of Mind Clinic
- 3) Talk by Mr. Krishnamurthi, President Alcoholics Anonymous, Hyderabad Chapter on Alcoholism and the role of Alcoholics Anonymous.
- 4) Improvements for next year. How to bring more people to attend monthly meetings. How to increase callers etc. Many other issues were debated like having Seva office open during the day once a week to start with and later extend to other days as needed, have alternate mobile phones with other volunteers to address the phone calls on the advertisement release day etc.