



Highlights

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23rd Anniversary Celebrations

SEVA celebrated 23 years of growth and service on 29th January at Kamakoti Kalyana Mandapam, Padmaraonagar.

The chief guest of the evening Dr. MS Reddy, the founder of the first private hospital (Asha Hospital) addressing the mental health needs in Hyderabad, gave an outstanding exposition on the topic "Psychological Insights in Bhagavad Gita". This turned out to be the best ever talk that SEVA had ever organized.

The function invocation by Ms. Ritika Thaneer on Maha Ganapati won everyone's heart. Rajendra Tapadia compeered the function. In the welcome address, Ms. Havovi Patel, Chairperson of Seva, recounted the significant milestones during the year with continued support of generous donors, well wishers.



Dr. MS Reddy explained the importance of 700 slokas and how the slokas from Adhyay 2, sloka 7 to Adhyay 18, sloka 73 changed Arjun's perception about the war.

When Arjun fought battle for others, it was easy but fighting the battle for self, rendered him confused, frightened and deep down in sorrow.

Dropped bow and arrows, sorrowful mind - Adhyay I, Sloka 47.

I am your sishya, HELP ME PLEASE 0 Adhyay II, Sloka 7.

Clouds have cleared. All YOUR GIFT doubts vanished, READY TO ACT. Adhyay XVIII, Sloka 73.

It was a great learning exercise for all the counselors on how effective counseling has to move in stages to bring a person from utter despair and fear to enthusiasm and eagerness to take up their activities of life.

In his concluding remarks, Mr. Ramesh Thota conveyed the meaning of Seva and its relationship to the talk by the chief guest.

Hema Murli and Valli Prasad captured the attention of the audience with their telugu/tamil/hindi bhajans.

Vote of thanks was extended by Ms. Madhu Varma followed by dinner.



Training workshop on Counseling Skills for New Volunteers



A three day Training Workshop on Basic Counseling Skills was conducted by SEVA from September 8 to 10th to induct new volunteers. The training which included theoretical concepts, role plays, case studies and the video presentation was conducted by Seva members.

The workshop included both theory and practical sessions to understand the core principles of counseling. The sessions included practice sessions on Perception, Communication, Listening Skills, Empathy, and one-on-one counseling.



Basic Counseling Orientation for Engineering College staff

A half day program on basic counseling orientation was conducted at Vignan Institute of Engineering and Management for Women on July 6th, 2017. This was at their own request for their teaching and non teaching staff. It is observed that more and more students tend to move away from study curriculum and often drop out of their studies, perform poorly and carry backlogs year after year and many show signs of depression. To be able to monitor regularly and where necessary provide counseling to students was the motive for the training workshop. The program was well attended and received.

Review and Revamp of post session documentation

As a part of professionalizing SEVA's services, a major revamp was carried out by a team of volunteers headed by Mr. Thota Ramesh. New forms were designed for entry of details for the first session and subsequent follow up sessions. Also sequencing numbering scheme was changed. Since this was an exercise involving several volunteers and a major shift from the current way of working, several sessions were needed to streamline to bring it into a smooth-flow now.

Counseling Orientation Sessions for Nurses

At Gandhi Hospital, to the supplemented additional nurses being provided by United Care Development Services (Yousee) regular sessions were conducted for several weeks on topics like basic counseling, empathy, perception & perception bias and active listening skills.

Outreach Efforts



1. SEVA Vice Chairperson, Ms. Havovi Patel, who is also a counselor at ISB, Hyderabad made a presentation on “The challenges faced by today's young achievers and the need for their Parents' understanding and their role” at Hyderabad Chapter of Indian Association of Secretaries and Administrative Professionals (IASAP). The talk was oriented towards the parents who keep pushing their children to get into IITs and IIMs not realizing the amount of mental stress they put them into.
2. A lecture on the Book – The Fifth Agreement by Don Miguel Ruiz and Don Jose Ruiz was presented to Senior Citizens Secunderabad (Women's Wing) and alongside an orientation to mental health, the significance of counseling and

SEVA's services was also provided by Mr. Thiagarajan.

3. The same exercise of presentation of the Book – The Fifth Agreement and orientation on the services of SEVA was done by Mr. Thiagarajan to a group of members at National Institute of Nutrition.
4. SEVA participated in an orientation exercise at an event being conducted by Life HRG, namely, Andau Bagundali Manavanthuna – SEVA's services, what may be going through the mind of someone contemplating to commit suicide and why it is important that everyone of us should be aware of hints the suicidal person is giving and help him/her.
5. Four rounds of presentation on Depression Management was provided by Mr. Thiagarajan to the employees at DQ Entertainments – an organization involved in providing computer graphics animation services. Mr. Ramesh Thota assisted Mr. Thiagarajan in one of them.
6. Awareness talk @ syniverse.com by Mr. Thiagarajan and Rajendra Tapadia on the following “Stress Management in Personal life and professional, Financial Discipline, Taboo around seeking counseling services and Services offered by SEVA”.
7. An awareness cum motivation lecture was made to employees at Sysgain by Mr. Thiagarajan.
8. Mr. Jawaharlal Nehru in coordination with Mr. Narendar conducted a special outreach session for very young children and very old senior citizens at Ananda Nilayam at Kondapaka.

Visit by Karve Students

Jawaharlal Nehru gave an inspiring talk to 19 students from Karve Institute of Social work who visited Seva as part of their study tour.

Monthly Meetings

Barring the two summer months of April and May – monthly meetings are held on the last Saturday of every month. During these meetings, different topics of interest in the areas of mental health, leading a quality life and social issues are presented and discussed sometimes inviting an external speaker.

1. Dr. Radha's presentation on Gratitude on January 21st. It has been proved by proponents of positive psychology that Gratitude is a significant determinant in the quality of life that one leads.
2. Dr. Radha's initiation and presentation on Meditation on February 25th. Meditation again has been proven beyond doubt as a means to bring in peace and order in everyone's life.
3. Mr. Ramesh Thota's presentation on four pillars of happiness, namely, Fearlessness, Assertiveness, Managing Expectations and Dispassion or giving up attachments on March 25th. In addition to explaining the four pillars he gave beautiful means to achieve all the four.



4. Dr. Shanmukhi, Ph.D – Clinical Psychologist: She presented on Mental Health Issues, major and minor on June 24th. The symptoms, how to identify as minor and major and what to do when we come across such persistent symptoms. She was brilliant in her explanations and it was a great learning experience for all volunteers.
5. Talk by Dr. Shanmukhi, Ph.D on Cognitive Behavioural Technique on July 29th
6. Talk by Ms. Chandini on "Efficacy of Cognitive Mind Maps in planning and presentation" and its use in counseling on August 26th
7. Talk by Ms. Aarti Nagpal on 'Adolescents health, particularly girls and women with focus on Reproductive Health' on October 28th.

Donations

A voluntary organization cannot run without the kind support of patrons, mentors and many well-wishers. Donations received for the year January to December 2017.

Name	Amount (Rs)
Mrs. Reddy	1000
A. Thiagarajan	25000
Rajendra Kumar Tapadia	10000
Rajgopal Tapadia	5000
K. Manohar	25000
Varanasi Nagageethanjali	1500
M/s. Voith Turbo P. Ltd	50000
Havovi Patel	5000
A. Thiagarajan	25000
Total	147500