

SEVA Counseling Center



Caller Count

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- 25th Anniversary in September (Silver Jubilee celebrations)
- Monthly meetings – covering various topics of relevance to counselling
- Outreach efforts on - Awareness on Mental Health, fight the stigma associated and make SEVA's services known to people at large
- Workshops/Talks
- Pehchaan

The following are the approximate count of callers:

1. Padmarao Nagar centre – Around 400+ in 1 year
2. Panjagutta – Around 70+ in 1 year
3. Telephone – Around 80+ in 1 year

550+ Callers

25 Celebrating
1993-2018 Anniversary



EVA organization celebrated 25 years of growth and service on 9th September at Kamakoti Kalyana Mandapam, Padmaraonagar.



The chief guest of the evening Ms. Kosuru Sangeetha Gowda, the founder of "You Are Happiness", a Life Coaching

& Counseling center in Hyderabad, spoke on the topic related to "Self dimension in Counseling".

The function invocation by Ms. Valli Prasad and Ms. Saroja on lord Vishnu won everyones heart. Vandana Patel compered the function.



In the welcome address, Mr. Thiagarajan, Director of SEVA, shared the journey of SEVA from its start on 21st August 1993 and the contribution by founding members Shri. Manohar garu, Mrs. Sharada madam, Havovi Patel, Late Shri Khannaji, and Prof. Kolhatkar.



He recounted the significant

milestones during the 25 years journey. SEVA made a difference to many thousands of people since its inception. SEVA volunteers have built many case studies and educating people has immensely helped the society. He thanked the generous donors, well wishers and Seva volunteers and their families for their continued support.

Ms. Sangeeta highlighted the importance of self awareness, self introspection and its role in Counseling. She said emphasis to be given to our own experience which is deep within which will help in showing compassion and empathy to the counselee.

This will also help us to be detached and help the counselee. Since whatever we see in others is our reflection, we need to clear our fixed views, values, beliefs and not be judgemental.

[contd.]

Ongoing self reflection and self awareness will help the counselor not only in helping the counselee but also as a person to evolve continuously. Her interactive session with the audience and Q & A was well appreciated.

In his concluding remarks, Shri. Manoharji conveyed the meaning of self awareness, self discipline and its relationship to the

talk by the chief guest. Vote of thanks was extended by Mr. Sreedhar Vemuri followed by dinner.

Anup Kumar Dhar captured the attention of the audience with his Hindi songs and encouraged the audience to participate. Ms. Durga Vani, Smt. Sudheshna Gupta and Ms. Mukta Agarwal entertained the audience with their melodious rendering.

Journalists from the print media covered the event. They took inputs from many volunteers as World Suicide Prevention Day happens to be on the following day (10th September).

MONTHLY MEETING

Be Connected. Be Heard. Be Informed.

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. Kiranmayi gave a talk on 'Anthroposophy, an alternative perspective in Psychological counselling' on January 27th. The meeting was conducted by Wednesday team.
2. Dr Radha Vasudevan gave a talk on "Awakening Possibilities - seeing the best in yourself and others" as part of Tuesday team's monthly meeting on February 24th.
3. Ms Sucharitha a psychologist did a session on 'child sexual abuse (CSA)' as part of

Monday team's monthly meeting on 31st March.

4. June monthly meeting was held on 30th. Ramesh Thota of Saturday team shared his views on the following topic: Retirement - A gateway to freedom!

5. July monthly meeting was held on 28th. Radhika Sridhar of Friday team shared her views on the following topic: "Unleashing the Human Potential/Self Awareness". Expected outcome were:

- i. Understanding oneself - Identity formation.
- ii. Self Analysis
- iii. Tap the potential
- iv. The power of Now
- v. Universal laws of Nature. Thoughts and its power. Programming thoughts. Law of attraction.
- vi. Setting smart goals to experience one's own power

6. August monthly meeting

was held on 25th. Thursday team hosted the meeting. Radhika Sridhar spoke on the following topic 'Practical implementation techniques to Self Awareness'

- i. Understand our pattern through our feelings.
- ii. Clearing our negative thought
- iii. Importance of being in the present
- iv. Breathing and connection to thoughts
- v. Creating what we want in life - Law of Attraction and Visualisation

October monthly meeting was held on 27th. It was jointly conducted by Padmaraonagar Sunday team and the Punjagutta team. The speaker for the meeting was Dr Kumar and he shared his views on the following topic "Social Wellbeing by harnessing energy through ancient Indian Wisdom".



1. Keyoor Joshi, Professor of Psychology at the West Texas A&M University, USA conducted a full day training/workshop on Partners for Change Outcome Management System (PCOMS), and Motivational Interviewing (MI) on January 9th. PCOMS is a growing philosophy

in United States and more and more mental health clinics and service providers are adopting it as a counselling quality assurance tool.



2. Talk by Dr Ali Khwaja of Banjara Academy on “Dealing with teenagers” held on February 12th.



1. Prof. Y.F. JAYAKUMAR Ph.D, delivered a Pehchaan talk on “Family Law and role of Counselors” On Sunday, 21st January.



2. Mr. M. R. Vikram, CA, Founder – Manthan, Hyderabad and Chairman – ASM Technologies Ltd, delivered a Pehchaan talk on ‘A perspective on the current Indian Economic Scenario and its influence on the emotional well being of the common man’ on Sunday, 11th March

O U T R E A C H

1. Rajendra Tapadia gave a talk on Emotional counselling to Nirmann Foundation mentors on January 7th. This was part of Career Saathi Program which is a selective student mentorship program where they handhold rural



students post schooling till their successful employment, by assigning each child a mentor. Seva members (Narendra, Jawaharlal Nehru) visited Padmashali Seva students post schooling till their successful employment, by assigning each child a mentor.

Samajam, Kompally on February 25th and reached out to boys and girls. In addition they also addressed residents of old age home.

Ramesh Thota talked about Enjoying life after retirement by presenting 3 case studies during Kakatiya University teachers get-together which was held at O.U. guest house on February 25th.
