

# SEVA Newsletter - 2016



## Highlights

- **22<sup>nd</sup> Anniversary**
- **Launch of [reachout.ind.in](http://reachout.ind.in)**
- **Counseling for Marital Skills Talk by Dr. Ali Khwaja**
- **Training Workshop on Basic Counseling Skills**
- **Awareness programs on World Suicide Prevention Day - September 10**
- **SEVA MELA**
- **Mental Health Day October 10 – Awareness Video release**
- **Monthly Meetings**
  - **Stress Management**
  - **Holistic Healing**
  - **Health and Nutrition**

## 22<sup>nd</sup> Anniversary Celebrations

Seva celebrated its 22<sup>nd</sup> anniversary on 20th March at Kamakoti Kalyana Mandapam, Padmaraonagar.

The chief guest of the evening Mr Ajit Rangnekar, former Dean of the Indian School of Business spoke on the topic related to "**Youth is undergoing stress**".

The function started with an invocation song on Sri Rama by Ms. Ritika Thaner. Ms. Hema Gandikota compered the function. In the welcome address, Ms. Havovi Patel, Chairperson, recounted the significant milestones during the Year with continued support of generous donors, well-wishers and Seva volunteers.

Mr. Thiagarajan, Director, introduced the genesis of [www.reachout.ind.in](http://www.reachout.ind.in). In the past few years there has been an increase in the number of youngsters needing counselling and psychiatric help. Between the ages of 15 to 27 is when they get their full rush of energy, they getting to know and their own body, there is heavy expectation with respect to their



Education and Career, they learning the first steps into being completely independent. Many get overwhelmed with the demands on their psyche and tend to succumb. He said that suicide is the 2<sup>nd</sup> largest cause of death amongst the youth and emphasised the need to reachout to the youth of the country who are going through tremendous stress.

Mr. Ajit Rangnekar explained the funnel concept, seat availability in IITs/IIMs, the need for immediate gratification, unhealthy comparison. He emphasized how upbringing and being grounded to ones roots helps the youth in times of stress. He appreciated SEVA's focus on addressing the emotional needs of youngsters.

In his concluding remarks, our beloved Chairman, Mr. K. L. Manohar conveyed the meaning of Seva and its relationship to the talk by the chief guest. Ms. Saika Beerval, a budding singer and her team mesmerized the audience with their Telugu and Hindi songs. Her experiment with medley was great appreciated by all and she was a true motivator for her team. Vote of thanks was extended by Ms. Chandini followed by dinner.

## Talk on Counselling for Marital Issues by Dr. Ali Khwaja



Dr. Ali Khwaja, founder of Banjara Academy Bangalore during his visit to Hyderabad spent half a day with SEVA members and presented his views and tips through a talk on 'Counselling for Marital Issues' on August 7th. A doctorate in Behavioural Science, Dr. Ali Khwaja has been offering counselling services for close to three decades and has authored several books on a variety of topics on emotional counselling. The interactive session brought out various aspects of marital discord and disharmony, the underlying reasons and approaches to bring out facts and address the issues.



## Training Workshop on Basic Counseling Skills

To induct new volunteers and towards that a three day Training Workshop on Basic Counseling Skills was conducted by SEVA from August 19 to 21, 2016.

The training which included theoretical concepts, role plays, case studies and the video presentation was conducted by Seva members. It was a well-coordinated effort by a few volunteers taking responsibility for different modules.



There were 11 participants in the workshop and it was very well received by all. The workshop included both theory and practical sessions involving every single participant understand the core principles of counselling. The intense workshop sessions included practice sessions on Perception, Communication, Listening Skills, Empathy, and one-on-one counselling.



## World Suicide Prevention Day – September 10

This is an important event commemorated on September 10 every year by all mental health enthusiasts, organizations and professionals and SEVA has also contributed its bit this year as well.

Suicide is Preventable and anyone around can identify through simply by being aware of the evidences that a person with suicidal ideation provides. Mr. Raj Tapadia, gave an awareness talk in Keshav Memorial Institute of Technology, Narayanguda, for a big audience of students and staff.

## World Mental Health Day – October 10

Promoted video campaign on Facebook as part of World Mental day on October 10. SEVA had jined hands with Ms. Sashwatha Sridhar's efforts and funded to bring out a very touching awareness video on mental health. This has been uploaded on youtube as well.

SEVA thanks Ms. Sashwatha Sridhar for her efforts in making and promoting the event.

Here is the video link - <https://www.youtube.com/watch?v=txdvAOqTagI>

## SEVAMELA – 2016

As part of Daan Utsav Seva Mela 2016 was held on the 1st and 2nd of October @ Gandhi Medical College, Secunderabad this year. This year the event was organized by Voluntary organisations and Volunteers who have engaged in supporting Public Health Institutions, especially at Gandhi Hospital. The event organisers include United Care Development Services (UC), Seva Bharathi and United Way of Hyderabad.

SEVA had its stall and had a good number of visitors and enthusiasts at its stall at Sevamela. Out of several talks and presentations, the talk by Dr. Rajshekar, Associate Professor of Psychiatry from Gandhi Hospital that covered Suicidal Behaviour Identification and Prevention was of great significance to SEVA's work and all our volunteers.



## **Counselling Orientation Lecture**

United Care Development Services (UC – Yousee) in its continued efforts to increase effectiveness and reach of public health services has inducted a batch of qualified nurses to be supplemented to the regular staff strength at Gandhi Hospital, Secunderabad. The first batch of nurses were provided a three hour sensitization and orientation on Emotional Counselling basics by Thiagarajan.

## **Monthly Meetings**

1. Talk by Ramesh Thota - How to Manage stress.
2. Talk by Dr. Radha Vasudevan – Healing Process – Prayer, Blessings and the law of attraction
3. Talk by Dr. Radha Vasudevan - Benefits of Positive Events, Active Constructive Responding
4. Talk by Dr. CVK Reddy – Nutrition and Health

## **New Executive Committee**

In December SEVA's annual general body meeting was held and elections were held and a new executive committee was elected then.

**Chairperson:** Shri Manohar

**Vice Chairperson:** Ms Havovi Patel

**Vice Chairperson:** Shri Shyam Kakani

**Director:** Mr. A. Thiagarajan

**Secretary:** Mr. Rajendra Tapadia

**Joint Secretary:** Mr. Jawaharlal Nehru

**Treasurer:** Ms. Saroja

### **Committee Members:**

1. Mr. RKM Prasad
2. Dr Radha Vasudevan
3. Mr. Thota Ramesh