



SEVA - A new hope

January 2014

SEVA – FREE & CONFIDENTIAL COUNSELLING CENTRE

IN THIS ISSUE

The Year That Went By

by Seva

Dear Friends,

Seva has seen an eventful 2013. To begin with, Seva turned 19 last year, and the important occasion was celebrated with a talk by Dr. Vijay Nagaswami, and a concert as well. The much awaited compendium of mental health practitioners in AP was printed, released and distributed during the function.

We continue to train our volunteers and keep their skills updated. As part of our endeavour in this direction, workshops were conducted. One important milestone that Seva crossed in the area of training is that we organized a "train the trainer" course. This, we are confident, is a significant step towards Seva's self-sufficiency.

Seva made its presence felt on some key annual occasions in Hyderabad - Suicide Prevention Day (10 September), the Joy of Giving Week (October), Seva Mela (5-6 October) and the Hyderabad 10K Run (24 Nov). Our message was articulated during all these events. We even held a fundraiser concert (by the Trichur Brothers) at the Joy of Giving Week, that saw an audience of over 300.

Our outreach efforts are on, as usual. Our counselling takes place well beyond the confines of our designated centres, at shelters for the homeless, for example. This is our humble way of touching the lives of those who probably are not even aware of options to seek help for their mental health.

In addition, Seva has been present at lectures and medical camps, and a few of our volunteers have appeared on television.

A new executive committee was formed towards the end of the year, and members took charge immediately.

Generous donations have poured in, some of which was used to finally construct a long-pending sanitation facility at the main centre.

We at Seva thank all our volunteers, donors and well-wishers for the year that went by. We hope to accomplish much more in the future, and contribute more to mental health, making more people happier.

Have a nice day,

Team Seva



Suicide Prevention Walk

SEVA volunteers held an awareness walk on the morning of 10 September 2-13, on World Suicide Prevention Day.

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Music For A Cause

The Trichur Brothers enthralled a discerning audience at a fundraising concert held in October 2013.

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Seva Turned 19

on 27 January 2013

On Sunday, 27th of January, 2013, Seva's 19th anniversary was celebrated at Kamakoti Kalyana Mandapam, Padmaranagar. A milestone was reached; the teens were completed.

The important occasion became memorable with the star attraction of the evening; it was a speech by the Chennai-based chief guest - Dr. Vijay Nagaswami, who practises psychotherapy at all levels - Individual, couple & corporate. He is the author of 5



popular books - Courtship and Marriage: a guide for Indian couples, The Splintered Mind: Understanding Schizophrenia, The 24x7 Marriage, The Fifty-50 Marriage: Return to Intimacy and '3's a crowd: Understanding and Surviving Marital Infidelity. He is a columnist for "The Hindu", and conducts workshops, seminars for business corporates/individuals/couples on marriage & personal relationships management.

Dr. Vijay started his speech in a friendly & informal way, immediately building a rapport with the audience. His pleasant personality and soft voice started the magic, but everyone was impressed by his tremendous knowledge backed by experience of 28+ years, and his responses in the Q & A session.



The celebrations could not have been complete without a Hindustani vocal performance by Mr. Koustubh Pare & team. Mr. Kosutubh joined Sri Sathya Sai college of Music in the year 2004. He completed his Foundation, Diploma, and Post-graduate Diploma courses, and is currently teaching Hindustani vocal music there. Several CDs of his bhajans have been released, and are famous internationally.

The evening functions concluded with a simple but delicious dinner.

Compendium Release

The compilation and publishing of compendium/directory of Mental Health Practitioners in the twin cities of

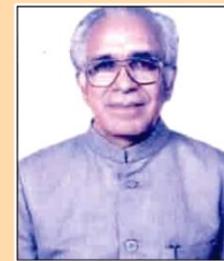
Hyderabad was released by Shri. Butchiah Medi, the donor for this effort and father of Dr. Ravi Medi, the motivation behind this whole effort during the 19th anniversary functions.

Seva wishes to acknowledge with thanks the efforts of Ms. Saraswathi Reddy for her efforts in bringing out the compendium by contacting the right people to collect, collate and put it together in the form it has finally come out.



Our thanks are due to Ms. Deepa Garimella for helping with Ms. Saraswathi in this effort, and also to Ms. Binit Kaur in assisting with this efforts.

In addition, Seva thanks M/s Reprographic and Printing Services of Shri J P Vasandani and his team for their efforts in bringing out these booklets.



Homage

Our beloved founder member Shri Sudarshan Khanna is no more. Year 2013 has seen Shri Khannaji in the hospital several times, though he made sure that he was present in almost in every of Seva's events, including monthly meetings, till he breathed his last. Seva's volunteers pay their humble homage to beloved Khannaji, and vow to carry the torch of service to humanity with their full commitment that Khannaji passionately carried through.

Workshops

“Train the Trainer” Workshop

An intensive four-day train-the-trainer workshop was conducted by Wg. Cdr. Murthy, from 15 to 18 August, 2013. The workshop was for new volunteers, on basic counseling skills.

Ms. Sania and Ms. Pradipta from Sneha assisted Wg. Cdr. Murthy in the workshop

It was an intensive exercise on the methodology, and included Pedagogy, Andragogy and Synagogy. Ten senior volunteers of SEVA had participated in the workshop.

These volunteers will train new SEVA volunteers from the next time onwards. This is a significant milestone for SEVA, in becoming self-sufficient even with its training needs.

Transactional Analysis

As part of continuing education for our volunteers, our volunteer, Ms. Hema Gandikota, a certified trainer in Transactional Analysis,

conducted a full-day workshop. The workshop was conducted at Gharonda Function Hall, Padmaraonagar. Close to 40 of Seva volunteers, plus a few outsiders, attended the training programme.

Suicide Prevention Day



SEVA volunteers held an awareness walk on the morning of 10 September 2-13, on World Suicide Prevention Day. The walk was from Vivekananda Statue to Ambedkar Statue, and back on Tank Bund. Volunteers and other participants carried banners with messages that included “Life is Beautiful ... Live it. Suicide Is Not A Solution”, “Sahaayam Korandi Andukondij, Aatmahatya Anivaaryam Kaadu”. There was enthusiastic participation by volunteers from Seva and other

NGOs, and people from different walks of life. The event was well covered by the print and electronic media.

Seva volunteers distributed our compendium of mental health practitioners & institutions to interested people during the walk.



Music for a Cause

SEVA had the opportunity to use the 2 October 2013 Carnatic music recital by the Trichur Brothers to spread awareness on mental health and suicide prevention.

The Trichur Brothers, with their melodious rendition, enthralled the discerning audience of 300+ members at the Bharatiya Vidya Bhavan's Shri Rajaji Auditorium.

Mr. Thiagarajan, Hon. Director of SEVA, spoke during the event on the need for the public to understand mental health and suicide prevention better, and to help fight the stigma associated with these issues. He spoke about the role of every individual to understand the 3 A rule of "Ask, Assist and Appeal" whenever one identifies someone withdrawing from people around him/her

and looks like he/she contemplating to end his/her life.

He also spoke about the role of SEVA, and appealed to the audience to seek help from SEVA whenever someone needs emotional support.

The Trichur brothers, Sri Srikrishna Mohan and Sri Ramkumar Mohan, were supported by their

father, Sri Trichur Mohan, on the mridangam, Sri R Dinakar on the Violin and Sri K Shyam Kumar on the kanjira.



Seva Mela

Seva Mela is a unique event that connects NGOs with people, and is conducted every year, during the "Joy Of Giving" Week. This year, the event was conducted on 5 and 6 October 2013, from 10am to 8pm, at Hitex, Madhapur. Our counseling centre had a stall there as part of our awareness campaign.



Hyderabad 10K Run

Seva participated in the 10K/7K run on a fun-filled healthy Sunday, 24 Nov 2013, at Necklace Road, Hyderabad. There were 22 participants representing Seva in this run.

A BIG thank you from the Seva family for the successful completion of the event. Also, three cheers to United Way Of Hyderabad, and all the volunteers who made this event a big success.



Seva's Outreach

- Mr. Sreeramamurthy has been regularly making visits to provide counseling to women and girl inmates at Kasturba Gandhi National Memorial Trust, for over 9 months.
- Efforts at Aman Vedika centres at Bible House (Secunderabad), Namalgundu (Secunderabad) and LSN Foundation Centre (Tappachabutara) were continued for the first two months of 2013. However, they had to be discontinued after that, mainly due to non-availability of callers during our visit hours, as several inmates were unable to return to the centres because of their jobs.
- Three different SEVA teams visited IIT Hyderabad, at different times, for awareness sessions. One of the sessions was for students, and dealt with stress management and time management.
- In March, a lecture was delivered to the participants of a workshop, titled "Bridge the Intergenerational Gap with focus on Maintenance and Welfare of Parents and Senior Citizens". The lecture was an opportunity to spread awareness about Seva and its services.
- An awareness session was held for senior citizens at Bolton School compound in the month of November.
- Seva participated in the "Art Of Living" medical camp at Sanjeevaiah Park, where we made a presentation about our counseling services.
- Ms. Aruna Lakshmi participated in the Naari Bheri program on television, that dealt with dowry.
- Ms. Amrutha Valli participated in Naari Bheri program that addressed suicide prevention, where she represented Seva.
- Mr. Jawaharlal Nehru presented an hour-long program on Suicide Prevention on TV7, representing Seva.

Infrastructure

The main Seva centre did not have a good toilet facility all these days. Although there was a possibility of sharing with the adjoining kids' school, the school's toilet was inaccessible to Seva. The issue was pending

for over 2 years, and put both volunteers and callers at discomfort. This long-pending toilet facility, exclusively for Seva's use, was made ready by April 2013. The facility cost us Rs. 68,000. We have been fortunate to have

received generous donations from a number of supporters and patrons which has helped us cover such a major expense.

New Executive Committee

In the annual general meeting this year held on 30 November 2013, a new executive team was elected. The team took charge immediately. The following were elected as the members of the committee:

- Mr. K. Manohar – Chairman
- Ms. Havovi Patel – Vice Chairperson
- Mr. Shyam Kakani – Vice Chairperson
- Mr. Rajendra Kumar Tapadia – Secretary
- Mr. P. Jawaharlal Nehru – Joint Secretary
- Ms. S. V. Saroja – Treasurer
- Mr. A. Thiagarajan – Director
- Mr. Subhash Daghe – Executive Member
- Mr. R. K. M. Prasad – Executive Member
- Ms. Mala Thiagarajan – Executive Member

Donations

SEVA thanks the following donors for their generous donations in the year 2013.

| Month | Donor | Amount |
|--------|--|--------|
| Jan/13 | M/s UBS (India) Pvt. Ltd., Hyderabad (through United Way, Hyderabad 10K Run 2012) | 56,000 |
| Mar/13 | Donation Box | 13,400 |
| Aug/13 | Ms. Rachna Gupta | 5,000 |
| Sep/13 | Mr. Butchaiah Medi | 10,000 |
| Oct/13 | Naga, Chellam & Friends | 5,500 |
| Oct/13 | Donation Box | 1,300 |
| Oct/13 | Music For A Cause (collection in donation box) | 6,180 |
| Dec/13 | Ms. Swati Choukulkar | 20,000 |
| Dec/13 | M/s Dhiti Infoserve Pvt. Ltd., Bangalore | 5,000 |
| Dec/13 | Dr. R. V. Reddy | 5,000 |
| Dec/13 | M/s Voith Turbo Pvt. Ltd., Hyderabad | 50,000 |

SEVA - A new hope

Kowtha Swarajya Vihar
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500 025

<http://www.sevacounselingcentre.org/>



Main Centre

Kowtha Swarajya Vihar, 10, Padmaraonagar, Secunderabad - 500025

Ph: (40) 27504682, 9441778290

Timings:

Monday to Saturday: 4 PM - 7 PM

Sunday: 11 AM - 1 PM

Balkampet

Veer Hanuman & Shirdi Sai Mandir, Balkampet, SR Nagar, Hyderabad

Timings:

Wednesday to Friday: 5 PM - 7 PM

Ext. Centre I

Shirdi Sai Baba Temple Complex, Dwarkapuri Colony, Panjagutta, Hyderabad

Mobile: 09441778290

Timings:

Monday to Friday: 6 PM - 8 PM

Ext. Centre II

Gandhi Hospital, Psychiatry Ward, Secunderabad

Timings:

Monday to Friday: 10:30 AM - 1 PM