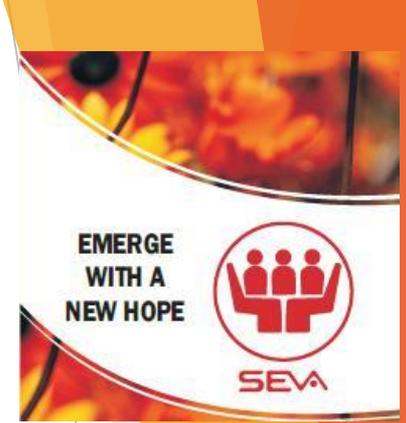


# SEVA Newsletter

July - December 2014



# Last 6 months in a nut shell

Dear Friend, greetings from SEVA!

We are pleased to bring you the newsletter for the second half of 2014.

- We have turned 21 on 6<sup>th</sup> September 2014!
- September 10 being the World Suicide Prevention Commemoration Day, SEVA participated in the Suicide Prevention Awareness Walk.
- Month of October means Joy of Giving Week (now changed to Daan Utsav) and SEVA like every other year had a significant presence in Sevamela 2014.
- In the Pehchaan series we had two invited talks by distinguished speakers.
- In our efforts to improve our efficacy, an advanced intensive course is being organized for senior volunteers.
- Our outreach efforts have been steady and we have been reaching out to different sections of the society.
- Our sincere thanks are due to our donors and their kindness motivates us to boost our commitment to serve the society.

# World Suicide Prevention Day

- ▶ As in the case of every year, to commemorate World Suicide Prevention Day on September 10, SEVA joined hands with other organizations, namely, MAKRO Foundation, YWCA, Roshni, COVA and Lions Club International Kukatpally and participated in an awareness walk!
- ▶ Theme: **Conquer DEPRESSION TALK ABOUT IT**
- ▶ The main objective was to raise awareness about suicide which is preventable, if left untreated may lead to suicidal death and to raise awareness across the globe and encourage people to adopt help seeking behavior and prevent death through suicide.
- ▶ The international theme for World Suicide Prevention Day was “One World Connected”



# Participation in SEVA MELA 2014

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

SEVA MELA, a part of Daan Utsav 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 5<sup>th</sup> at Hitex, Hyderabad.

SEVA had participated in the mela and also contributed significantly in the organizing and conducting the event.



# Pehchaan Series – 1/2

## ▶ Jeevan Vidya – Ek Parichay (An introduction to Human Values)

- ▶ Prof. Dr. Ramancharla Pradeep Kumar, Professor of Civil Engineering & Head of Earthquake Engineering Research Centre and promoter of human values gave an invited audience an introduction to Jeevan Vidya (Human Values) on Sunday, 10th August 2014.

He has extensively traveled and conducted several hundred workshops on this topic and SEVA and its patrons had the good fortune of his interactive session to discuss points like:

- ▶ The base of harmony in society is harmony in family for which the base is harmony in human being.
- ▶ At individual level, the unhappiness is more due to lack of fulfillment in relationship. Most of the time and effort is spent for physical facility. Effort should be made to equally divide day equally for body, relationship and money.
- ▶ Education setup should empower for independent thinking, impart holistic inputs, proper understanding and facilitate the development of the competence to live with Definite Human Conduct.



# Pehchaan Series - 2/2

## ► "Issue of Alcoholism and Drug Abuse"

An invited talk by Dr Vijay Seshadri on "Issue of Alcoholism and Drug Abuse" on 9<sup>th</sup> November 2014.

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. 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.

His talk was well presented with a mix of medical and real life examples. Dr. Vijay brought out the harmful effects of drug abuse and how it is affecting the younger generation. The addiction to drugs is also due to the ease of availability of cough syrup, nail polish, kerosene etc. Role of general public and social organizations like SEVA was also highlighted.



# Refresher Program for Senior Volunteers

The objective of this refresher is to ensure that all the senior counselors become aware of the reasons for not being so effective in counseling, unlearn them and consciously relearn the appropriate ways to become more effective counselors through real time counseling session.

Senior counselors who have more than 3 years of counseling experience.

The program was conducted by Ms. Havovi and Mr. Subhash. This training helped most of the counselors to become aware of some of their unconscious personal patterns that may come in the way of effective counseling and to relearn the core process ensuring that the milestones are all covered which in turn would ensure effectiveness.

The first batch of the training program was conducted on 22<sup>nd</sup> and 23<sup>rd</sup> November.

## Outreach

The following activities have been a few in our outreach efforts:

- A presentation at Sai Junior College for Visually Handicapped Girls
- Motivational presentation at NeoIT Solutions
- Participation and representation of SEVA at Alcoholics Anonymous
- Mr. SreeramMurthy continued his outreach at Kasturba Gandhi National Memorial Trust.

## Miscellaneous:

- Dr. Radha Vasudevan, our volunteer had presented on several topics during our monthly meetings. Some of the topics included – Ho'oponopono, Emotional Freedom Technique or Tapping Technique, Impact of Stress and using a few “distress” buttons. The Hidden Message of Water
- We had an invited talk on Schizophrenia by Dr. Madhu Sudhan Joshi of Mind Clinic
- Mr. Krishnamurthi, President Alcoholics Anonymous, Hyderabad Chapter gave an excellent account on Alcoholism and the role of Alcoholics Anonymous.

## Donations

SEVA wishes to thankfully acknowledge the kind donations by the following patrons

Name	Amount
Venkataramani	500
Chandini Bhoopal	500
Kunal Agarwal	1100
Rajgopal Tapadia	5111

# Seva - Free and Confidential Counselling Centre

## 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

Kowtha Swarajya Vihar  
10, Padmaraonagar Secunderabad -

500 025

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