

Good Evening!

Respected chief guest Dr Mahesh Joshi, our Vice Chairperson Shri Thiagarajan, dignified guests and our SEVA family; warm welcome to you all for SEVA's 26th anniversary!

Seasoned counselor **Sharda Madam had a dream & vision** for an organization – SEVA, which was formed on August 1, 1993.

Other strong pillars of support were:

Our Chairman **Late Shri. Manohar garu** who was an industrialist cum philanthropist.

Havovi Patel; young enthusiastic psychologist - to do all the running around.

Late Shri Khannaji; a hardcore union leader and social worker.

and **Prof. Kolhatkar**; an architect with modern thinking.

The actual counselling work started on **21st August' 1993**.

Since then, SEVA has silently brought **brightness in several homes!**

Volunteers have counseled few thousands of persons with **assured quality of each session**.

For real benefit, caller needs to come for several weeks!

Counseling facilitates transformation in the caller:

brings **insight in thinking**,

helps to identify **power hidden in themselves**

and callers **take over their lives confidently**.

Formidable problem or **confusing situation is resolved within their own abilities** after a few sessions of counselling.

Counsellors are trained to identify issues those need other experts than just counseling. Accordingly, references are given, say a Psychiatrist or a lawyer or medical expert. We have come out with a **compendium of Psychologists and Psychiatrists** in Hyderabad and Secunderabad and have been sharing extensively.

Sometimes, I wonder how did this organization continue this long – **not at all glamorous work**, all those who come would come to offload their problems, many may cry it out, unstable marital relationships, failing businesses, job losses, lack of children's support, unable to get out of financial mess, it could be mental illnesses like OCD, depression, loneliness, bi-polar disorder, schizophrenia, and so on. Our counselling would extend to the care givers of the mentally ill, and many more.

What has been **driving** these tireless volunteers to come this regularly to see this **organization going?**

It is **spirit of service** that is keeping this torch burning bright. It will glow brighter in future years to come with such commitment and dedication of our volunteers.

Believe me, **Volunteers** experience **positive difference in themselves**.

I still remember what our founder Sharada said on our **17th anniversary** day to all of us counsellors - let us not feel too big that we are helping someone – instead let us **thank them for giving us the opportunity to be of help**. I **bow** before all those who are keeping this Vision and Dream True.

Seva conducted a 3 days training workshop on “Basic counseling skills” to induct new volunteers from August 16th to 18th, 2019.

SEVA has been conducting **monthly meetings and outreach activities**.

Few of the important outreach activities are as follows:

1) **Smt. Valli** represented SEVA and spoke about its good work in various **TV shows**. Few important topics include: Indian Kitchen, PremaYuvatha, Pillalu-Thalli ThandruLaPrema, ChinnarulaHakkulu.

2) **Raj Tapadia and Madhu Varma** have been spreading awareness on **Mental health and suicide prevention** in various colleges of Hyderabad like IIGH School of Education, Osmania University, KMIT-Narayanaguda, VBIT-Ghatkesar and Govt Polytechnic College for Women, Marredpally.

The idea is to eliminate the stigma of Mental illness and to help them understand that mental illness is like any other illness which can be treated and help them live a life of dignity.

3) **EFT workshop by Dr Radha @ Syniverse Technologies**.

4) **Sreedhar** represented SEVA in many outreach programs for the student & employee community and spread awareness amongst them on various topics like Stress Management & Studying Techniques, Effective Career Planning @ Gitanjali Devshala and ICBM Business School

As part of the above outreach activities Seva reached out to **1500+** people comprising of students, working professionals and faculty.

Dr Swati Desai conducted a free 4 weekends workshop on “Mindful self compassion” for Seva members.

We are ever thankful to our chairman Late Shri Kowtha Manohar garu and his family for their philanthropy and many other patrons who have helped us in this journey.

I thank you all for being here this evening to be part of our 26th Anniversary Celebrations and once again welcome one and all.