

7 August 2011

Welcome

Dear Friend,

Seva takes pleasure in bringing out its newsletter for the period of Jan-Jun 2011.

These 6 months have seen Seva undergo quite a facelift. A new executive committee was put in place, new brochures were designed, the website was revamped, and the Padmarao Nagar Centre benefited from generous donations of furniture and a computer system.

Seva also got some impressive mention in the press, including a well-made program televised on ETV.

Seva successfully conducted a training program for volunteers – an event that brought our attention to the

demand for more mental health centres all over AP. We also believe more such training programs need to be held.

Meanwhile, the future has much work cut out for us.

World Suicide Prevention Week is around the corner, during which we plan to hold a few seminars by renowned psychologists.

We also plan to take part in the Karmayog Seva Mela in the first week of October.

We wish to thank our donors and volunteers for the journey so far, and hope to embark on an even more fruitful journey ahead.

- Seva



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New Executive Committee

The new executive committee, elected on 18 December, 2010, took charge immediately. The following were elected as the members of the Committee:

Chairman	Sri. K L Manohar
Vice-Chairperson	Smt. Havovi Patel
Vice-Chairperson	Smt. Subhasri
Director	Sri. A. Thiagarajan
Secretary	Sri. Raj Tapadia
Joint Secretary	Sri. Jawaharlal Nehru
Treasurer	Smt. Radhika
EC Members	Sri. Subhash Dhage, Sri. Prakash Choukulkar, Sri. K L Prasad

Highlights

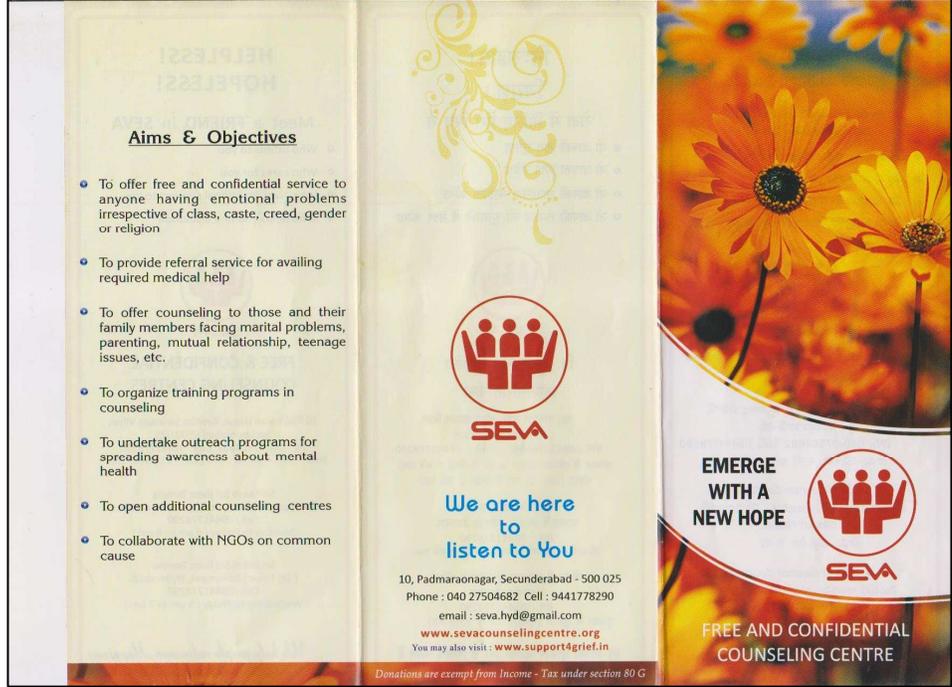
- **Seva's Facelift:** New brochures, a new website, Centre revamp
- **PR Blitz:** Seva on TV, in the press
- Seva **reaches out** to other NGOs
- Preparations for **Suicide Prevention Week**

Homage

We lost our beloved Sri. Prakash Choukulkar in May 2011, following a road accident and prolonged hospitalisation. He was an inspiration to all members, and a warm friend, philosopher and guide to many. Seva offers its humble homage to Prakshji's departed soul, and prays for the strength of his family members, who have been of support to Seva.

New Brochure Design

We extend our thanks to Mr. Ravi , Managing Director of Srinivasa Lithographics, for the design and printing of these new brochures.



The new brochure – front



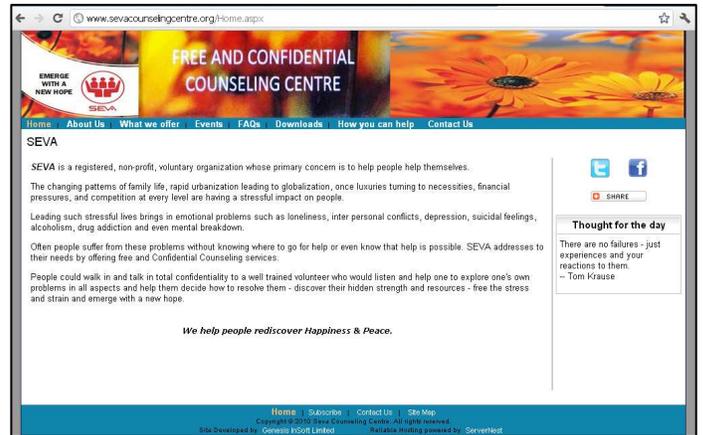
The new brochure – back

New Website For Seva

A dynamic website (<http://www.sevacounselingcentre.org>) was created by Raj Tapadia, using .NET technology.

The options on the site, and the look and feel, have been changed. Admin features are also supported by the website now.

Sangeetha has contributed with additional content for the website, through a lot of research of similar sites. She has also helped in the redesign of the website, along with Thiagarajan and Tapadia.



A snapshot of the new Seva website



Seva in AndhraJyothi

Seva In The Press

An article on Seva was published on 17th February, 2001 in AndhraJyothi. Please click on <http://www.sevacounselingcentre.org/images/AndhraJyoti-Feb17-2011.pdf> to view the same. We had an excellent response to the article. Our special thanks to Mr. Ramesh Babu of AndhraJyothi.

Seva On TV

An well-made short program on SEVA was shown again on eTV Sakhi (<http://www.youtube.com/watch?v=IGVA0UcroBU>). We had many callers in person and on phone based on the telecast. Our sincere thanks are due to Ms. Ramadevi of eTV2, who had conceived the theme, directed and produced this program.

Training Volunteers In Counselling Skills

Wing Commander Murthy from Bangalore conducted a 3-day workshop on Basic Counseling Skills from 11-13 March, 2011. There were 30 new volunteers in the workshop, and it was very well-received by all.

The workshop, being a hands-on and interactive kind with case studies and role plays, helped volunteers gain a good understanding of the complete counselling

process.

These volunteers will work along with senior volunteers for 3-6 months before they become independent counselors.

You can view the photographs of the workshop at this link:

http://www.sevacounselingcentre.org/TrainingWorkshop_2011.aspx

We have decided to hold these training workshops twice a year henceforth, instead of the current frequency of just one per year.

It is worth highlighting that there is a growing demand for centres in other places in Hyderabad, and in Andhra Pradesh overall.

In this regard, we need to

have a place, as well as volunteers who are locally resident and can help us in this regard.

While setting up centres within the city is less cumbersome, with the Balkampet Saibaba Temple having been the last, any other town in AP would involve more logistics and additional training in



Wg. Cmdr. Murthy at the training program

running centres independently under the name of Seva.

A group of volunteers is working with Wg. Cmdr. Murthy to identify specifics on how to go about this.

We have identified the need for the training program to be available on demand. In this regard, some of the videos of the training

workshop were created as a proof of concept by Rajnesh Domalpalli and his team. Thanks to Rajneesh and his team for making that possible. The videos can be watched on YouTube using the following link:

http://www.sevacounselingcentre.org/TrainingWorkshop_2011_links.aspx

Directory Of Mental Health Practitioners

Based on the suggestion of Dr. Ravi Medi, a practising Psychiatrist at Texas, USA, who has been a guide and mentor to Seva, we have undertaken the compilation and publishing of a compendium/directory of Mental Health Practitioners in the twin cities of Hyderabad first, and then the whole of Andhra Pradesh.

A good amount of work has already been done, a short and well-written proposal is already in place, data collection started, and cost details being collected.

We had sent a first draft to Dr. Ravi Medi. We would like to place on record Seva's appreciation to Deepa Garimella, a volunteer who

helped in the compendium document.

New Centre

Seva opened its new centre at ADP for their exclusive need. One afternoon session and one late evening session per week are being conducted at ADP's premises.

ADP provides cab transport to volunteers of this service at the organization.

Outreach Activities

The primary objective of our outreach activity, which started in January 2011, is to reach out to institutions where Seva's services are needed. In addition to sharing the information about Seva's services through detailed interactions and presentations, we also offer to visit them when they have a need on a once a month basis.

Chandini and her outreach team have made fine progress, and have covered

many organizations in the last few months.

The first to be covered by Chandini, Laxmi, Hovovi and Tapadia was Sunanda Seva orphanage, located at Mahendra Hills.

Later, Havovi, Prakash, Jawaharlal Nehru and Chandini visited the Mercy foundation near Kompally. The foundation is headed by Mr. Joseph Desouza and his daughter Dr. Beryl, a pediatrician. They run a

school for poor children - Operation Mercy India Foundation (OMIF), a Christian charity, part of 110 schools all over the world. They also run a shelter for destitute women, and an Anti Human Trafficking Unit (AHTU). They run a vocational training project and a teachers training course with Setwin (affiliated to the A.P. Govt.), which is also into vocational training in computers.

On March 19th, the team, comprising Chandini, Jawaharlal Nehru, Maruthi, Naga, Sarathy and Krishna Menon, visited the "Forum for Street Children".

The outreach visit for June 2011 was to an old age home in Tarnaka. FOCUS (Foundation for orientation co-operative union society). The initiative for this visit goes entirely to Mrs. Valli and Mr. Prasad.

Acknowledgements

SEVA is ever grateful to Wg. Cmdr. Murthy for providing training free to SEVA volunteers every time it is needed, and has been accommodating in his schedule with all his other business and personal commitments.

SEVA continues to provide free and confidential

counseling to any caller who comes into any of our centres. This work has been going on without any break, at all our centres.

Many days go without a single caller coming in to a centre, and, even then, our volunteers have been quite regular in fulfilling their commitments.

Also, there have been regular calls on the land-line and the mobile phone, mainly for phone counseling, and also for information.

All these have been attended to in all earnestness. SEVA wishes to acknowledge the committed service of all its volunteers.

Donations

SEVA thanks the following donors for their generous donations in the past six months.

Name	Donation	Date
Mr. Butchayya Medi	Rs. 5,000	12-Jan-2011
Mr. K. Seshadri	Rs. 1,000	21-Jan-2011
Ms. Chandrima	Rs. 5,000	18-Feb-2011
Mr. Manohar	Rs. 10,000	03-Mar-2011
Mr. Ramachandran	Rs. 10,000	08-Mar-2011
Mr. Prakash	Rs. 5,000	12-Mar-2011
M/s Voith Turbo	Rs. 50,000	15-Mar-2011
Mr. A. Thiagarajan	Rs. 15,000	17-Mar-2011
Mr. Butchayya Medi	Rs. 25,000	30-Mar-2011
Ms. Manu Kapoor	Rs. 2,100	25-Jun-2011

Their donations provide us encouragement to carry out our activities with more enthusiasm.

Miscellaneous

To provide a better feel for the callers and the counselors, the main office at Padmarao Nagar has some renovation.

- The flooring needed major repairs, the Centre being in a very old building. New flooring was laid with Shahbad stones, at a cost of about Rs. 25,000.
- New pelmets and curtains were fixed, and the place has transformed – thanks to Smt. Vandana
- A new set of chairs was provided to replace the old rickety iron chairs, by Sri. Raj Tapadia.
- A computer with Internet facility is now available. While the computer was received as a donation from Smt. Radhika, the Internet connection is by way of monthly subscription from Reliance Netconnect.

Seva – Emerging With A New Hope

Seva Calendar

The week of September 10th is the World Suicide Prevention Week, during which we wish to hold 2 events with Dr. Ali Khwaja (a well-known psychologist and author of many popular books on the subject) from Bengaluru. We have tentatively made arrangements at Sunshine Hospital Auditorium, Prendergast Road, Secunderabad.

Since September 11th happens to be Ganesh Immersion day, and might pose a major problem for invitees, we will need to postpone the functions by a

week.

Seva plans to participate in the 2-day Karmayog Seva Mela, an event connecting NGOs with people, in the first week of October. Seva will be provided a stall to display posters, and to have interactive sessions for visitors with information about counseling, some interesting quizzes and puzzles, computer presentations, etc.

Seva plans to celebrate its annual day in the last week of October.