



Seva A new hope

August 2012

SEVA – FREE & CONFIDENTIAL COUNSELLING CENTRE

IN THIS ISSUE

Seva Newsletter

by SEVA

Dear Friend,

Welcome to our newsletter for the period January – June 2012.

At the outset, SEVA family humbly acknowledges and thanks M/s Voith Turbo for their kind donation of Rs. 50,000/- and assures them of its dedication and commitment.

The year started with a new approach to SEVA's outreach by going to Shelter Homes.

Strategic Tie-up with Banjara Academy further strengthened and brought in newer dimensions like promoting Banjara Academy's Online Courses through SEVA website. Those who register for these programs through SEVA would gain a 20% discount on the fees!

Though we tried our best to do our annual training program on Basic Counseling Skills in March, we could do it only in June due to Dr. Ali Khwaja's schedules. However, the number of participants that registered for the program (about 70) more than justified the delay.

Alambana has been marching steadily at an even pace.

2012 has been a very promising year for SEVA, when it will be completing 19 years and moving into its 20th year of service in this year.



Training on counseling - Jun 22-24

This program was one of the most successful events conducted by SEVA in the past few years. Close to 70 participants attended this three-day open workshop.

Page 2



Talk by Dr. Ali Khwaja - June 22

Dr. Ali Khwaja spoke on "Balancing Your Work" and on "Emotional Intelligence".

Page 2

What we learnt

Training & Talks

Workshop on Basic Counseling Skills by Dr. Ali Khwaja and team

Dr. Ali Khwaja of Banjara Academy Bangalore conducted this workshop with the help of four of his team members, also from Bangalore. The workshop was held at Kowtha Kalyana Mandapam on June 22, 23 and 24, 2012. This program was one of the most successful events conducted by SEVA in the past few years. Close to 70 participants attended this three-day open workshop. They included a batch of new SEVA volunteers, persons from NGOs, students, and others who wanted to learn Basic Counseling Skills.

Talks by Dr. Ali Khwaja

Utilizing Dr. Ali's availability, we had arranged for two lectures in he city.

The first one was at a corporate house, Broadridge Financial Solutions, Banjara Hills on 22nd June, 2012. The topic that Dr. Ali spoke on was 'Balancing Your Work'. The talk was on how to balance work life and personal life.

The talk was witty, informative and enlightening. The question-answer session was very lively.



The second one was on Emotional Intelligence. This was on 23rd June, 2012 at Shanta Auditorium, Sunshine Hospital. It was intended for the general public and was very well attended. This talk was very educative, addressing the need for Emotional Quotient or EQ, something that many give no thought to.

HIGHLIGHTS

- Dr. Ali Khwaja is from Banjara Academy Bangalore
- About 70 participants attended the workshop



NLP (Neuro Linguistic Programming) is an approach to therapy that involves the study of neurological processes and behavioural patterns.

NLP for SEVA volunteers

A workshop

This was the first training session, in this area, for all SEVA volunteers. NLP (Neuro Linguistic Programming) being one of the most popular therapy techniques, SEVA decided to conduct this as the first in a series being planned.

Mr. Visesh, a well known NLP trainer in Andhra Pradesh, conducted this workshop with the help of Mr. Jawaharlal Nehru, SEVA volunteer. In addition to SEVA volunteers six to seven invitees also attended this training.

This was conducted at Gharonda Function Hall on February 11 and 12, 2012. SEVA plans to conduct more such training workshops on topics such as CBT and REBT.

Outreach

Seva reaches out beyond its walls

Alambana

SEVA started this initiative with Asha Hospital. 'ALAMBANA', a support group for persons with Depression and Bipolar Disorder. has been functioning smoothly. The meetings are being held regularly, on the third Saturday of every month. A number of regular and new participants attend the meetings and share their experiences. These sessions are very helpful, especially to care-givers and family members of the affected. Dr. M.S. Reddy has been the guiding spirit behind this initiative and has been of constant support to this group.

Night Shelter Homes

SEVA had an opportunity to address a number of NGOs at a seminar on Night

Shelter Homes, covering aspects of the recent Supreme Court Order to, all State Governments directing them to start Night Shelters for homeless men and women. It is expected that Hyderabad will have as many as 60+ such shelter homes in the coming years; there are six of them as of now. Having heard about SEVA's services, a representative from Aman Vedika had requested us to start providing counseling services at these centres. We have started at four centres, two shelters for men – one at RP Road, Secunderabad and one at Tappachabutara in the old city, and two shelters for women – one at Namalagundu, Secunderabad and one at Uppal.

The majority of the inmates of these centres are very poor and illiterate and the problems they face are very complex and disturbing. Shelter homes for men have people affected with HIV, drug addicts, drunkards and the like. It has been quite a challenge to convince the homes, and the affected, that addiction problems cannot be addressed by plain counseling and that they need to be taken to Rehabilitation centres. Shelter homes for women have some who have been subjected to domestic violence, some driven out of their places due to poverty, some rescued

from prostitution, etc. Visits to shelter homes have been a completely different experience from our usual counseling work.

Banjara Academy

With the common mission of reaching out to people, Seva and Banjara Academy will be working together in counseling and related activities.

In areas such as counseling, psychology, motivation, human behavior and relationships, Seva and Banjara Academy will endeavour to produce and offer books, booklets, talks and videos and also conduct workshops and training programmes in Hyderabad and, if required, in other parts of Andhra Pradesh.

For the online counseling courses currently being conducted by Banjara Academy, namely, the International Graduate Diploma in Counseling Skills (IGDCS) and the Certification in Student Counseling (CSC), Seva will coordinate with prospective students in Hyderabad, in academic and administrative matters. A 20% discount in fees is being offered to those who enrol through SEVA for the online courses.

Help pours in...

DONATIONS

- 28-1-12 Lakshmi Raman: Rs.5000
- 13-3-12 Voith and Turbo Put. Ltd: Rs.50,000

Offer of help from ISB Alumni

Whiteboard is a pro-bono initiative from the alumni of ISB, to help NGOs. Under this initiative, SEVA is taking the help of four experienced ISB alumni. Their focus has been on the visibility of SEVA, SEVA's premises, SEVA's Helpline - Phone Counseling, and Growth.

We have had a meeting and we have started implementing some of their suggestions like SEVA on Facebook, a computer database of cases, helpline and phone counseling.

With help from "United Care Development Services" (www.yousee.in) SEVA should soon be having a helpline and phone counseling service in place. To address the matter of growth, we have consciously increased the number of participants in the training programs so we can absorb more volunteers. We are also pursuing a few matters relating to facilities at our premises for volunteers and callers.

Press Coverage

A short but detailed notification about our Training Workshop appeared in The Hindu. This brought in good response for the training program and also brought about awareness of SEVA, overall.

A two-line mention in Eenaadu of January 1, with SEVA's helpline number, had a big impact. Though the main article talked about a number of organizations and SEVA was mentioned only briefly, we received calls from all over Andhra Pradesh for over four months. Many calls ended up as phone counseling since these callers could not travel to Hyderabad to meet us at SEVA.

Future plans

SEVA plans to conduct a series of lectures at colleges, as part of Suicide Prevention Week, in the month of September. Additionally we plan to hold a workshop designed specifically for teachers of schools and colleges - Awareness on Suicide - to discuss how to prevent suicides, and how teachers and parents can watch out and help their wards. SEVA also plans to participate in the Karmayog Seva mela as in the last 2 years.

Seva A new hope

Kowtha Swarajya Vihar, 10,
Padmaraonagar,
Secunderabad – 500

www.sevacounselingcentre.org



Main Centre

Kowtha Swarajya Vihar, 10, Padmaraonagar, Secunderabad - 500025

Ph: (40) 27504682

Timings:

Monday to Saturday: 4 PM - 7 PM

Sunday: 11 AM - 1 PM

Balkampet

VeerHanuman & ShirdiSai 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

Saturday (except last): 6 PM - 8 PM

Ext Centre II

Gandhi Hospital, Psychiatry Ward, Secunderabad

Timings:

Monday to Friday: 10:30 AM - 1 PM