

SEVA NEWSLETTER

July—December 2011

THE STORY SO FAR

Dear Friend,

SEVA takes pleasure in bringing out its newsletter for the period of July – December 2011.

SEVA turned 18 on 6 November 2011, and this only meant more action, more outreach, and hopefully, happier people around us.

SEVA had a significant presence in the Karmayog Seva Mela 2011. We have also had good press coverage the past year.

SEVA commemorated World Suicide Prevention Week, with lectures for mental health professionals, counselors, teachers, parents and SEVA volunteers

Meanwhile, SEVA and Asha Hospital jointly started "ALAMBANA", a support group for Depression and Bipolar Disorder.

Regular visits are being made to orphanages and old-age homes, with activities and counseling sessions planned each visit.

2012 seems promising, and a collaboration with Bangalore's Banjara Academy is in the offing.

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



SEVA—Free & Confidential
Counselling Centre

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KARMAYOG SEVA MELA 2011

Karmayog Seva Mela 2011, held during the Joy Of Giving Week, was a bigger event this year, with participation by 60 organizations. This was conducted on 7 and 8 October at Zoroastrian Club, S P Road, Secunderabad. This event had more significant footfall this year compared to the previous year,

thanks to the location. The highlight was the inauguration by Ms. Katherine Dhanani, US Consul General, which was well-attended and received very good media coverage. SEVA had a significant presence in the mela, and all of SEVA's volunteers were involved in making the whole event a

success, and in garnering good



publicity for SEVA.

SEVA'S ANNUAL DAY 2011

SEVA had its 18th Annual day on November 6. The chief guest for the function was Dr. A V Gurava Reddy, Managing Director and Chief Surgeon – Sunshine Hospitals, Hyderabad. Prof. Kolhatkar, our founder member, who had relocated to Pune, was the special guest at the function.



It was an excellent evening, with inspiring speeches by the chief guest, special guest and our Chairman Sri. Manohar. This was followed by a melodious music program by Smt. Sudeshna Gupta. The evening ended with dinner.



WORLD SUICIDE PREVENTION WEEK



To commemorate World Suicide Prevention Week, we had invited Dr. Ali Khwaja of Banjara Academy, Bangalore, to deliver 2 special lectures. The lectures were held at Shanta Auditorium of Sunshine Hospital, Secunderabad.

The first lecture, on Child Abuse, was targeted at an audience that included mental health professionals, counselors, teachers, parents and SEVA volunteers. It was well-received, and was highly appreciated by one and all.

The second lecture was titled "How happy are you in your relationships?" and the intended audience was the general public. Dr. Khwaja brought out the many aspects of relationships and the fact that general happiness in human beings relies mainly on their relationships.

Both the lectures touched upon the aspect of suicide prevention – how a person, from a level of feeling helpless, moving to feeling hopeless, may, at some point, move to feeling worthless. This is the point when the idea of ending one's life might occur, and it is necessary that we all realize that we can and must do our bit in preventing this.

Shri Rajnesh's team had captured the 2-day program on video, and it is planned to have them uploaded on Youtube.



TRAINING VIDEOS

Dr. Ali Khwaja offered to conduct a few training sessions for us to videograph for internal use. 4 short sessions were recorded, and they are going to be used as part of SEVA's regular training programs.

COLLABORATING WITH BANJARA ACADEMY

The visit by Dr. Ali Khwaja, his lectures under SEVA's banner, and the subsequent interactions with him, have brought Banjara Academy and SEVA closer, and we are exploring possibilities of working together. This could include offering Banjara Academy's online training courses on Counseling Skills, some SEVA volunteers

becoming mentors for the online programs, hosting of videos of Dr. Ali Khwaja jointly in the name of SEVA and Banjara Academy, to name a few. It would be our earnest endeavor to explore more and more ways of working together to benefit from the rich experience of Banjara Academy and to try to make it available to the Hyderabad public.

SEVA'S OUTREACH

Hema Gandikota visited Dwarkamai Orphanage at Kukatpally to provide counseling to the children there, and to help them with their English language skills. There are 55 children who are, mostly, students of classes below the 5th standard. The home, started by Mr. Raghunath, and supported by him and a few friends, looks for help in areas that include: counseling, teaching English and better communication with the help of inspiring and educative stories, teaching Hindi, remedial teaching, and any other help in the form of old clothes and old story-books for kdīs.

Chandini visited Durga Foundation, an old-age home and health care service at Malkajgiri, which has 35 residents. She met the inmates and the staff, and ascertained their needs. The inmates and the staff were also given an update about SEVA and its services.

Additionally, regular visits are being made to Sunanda Seva at Mahindra Hills, by Havovi, Saraswathi and Lakshmi. Havovi had arranged for lunch and a movie show at her place, for the girls from this home. Regular contacts and visits are being made to other centres with whom SEVA had established contacts earlier, including Mercy Foundation, Joy Home For The Old And Young (Secunderabad), Street Shelter For Boys (R P Road), and Sai Amrutha Senior Citizen's Home (Tarnaka).

ALAMBANA

"ALAMBANA" a first-of-its-kind support group for Depression and Bipolar Disorder was jointly conceived and started by SEVA and ASHA Hospital. This is designed to provide a platform for individuals suffering from Depression and Bipolar Disorder, and for their family members as well.

The first meeting was held at ASHA Hospital on 29 October 2011, and SEVA was well-represented by its members. Dr. M S Reddy from ASHA Hospital attended the meeting, along with some of his staff, and patients and their family members. There was valuable sharing of personal journeys by the patients.

Specific issues concerning the group were brought out and discussed for the benefit of all the members present. The tenets of the Support group were laid out and understood by all present.

The second meeting was held in SEVA office at Padmarao Nagar, on 19 November, in which it was decided to schedule the consecutive meetings on the third Saturday of every month at 4pm. The third meeting was on the 17th of December at ASHA Hospital. It was felt that there was a need for a larger meeting room that can accommodate the growing group.

"Come Join us.....Help OthersHeal Yourself....." is the guideline of the Support Group. The baby steps that ALAMBANA has taken have been successful so far. We have taken the first steps towards the ambitious vision of providing an empathetic and strong support group for this specific section of the society, with which people can comfortably share their concerns, and understand the different issues concerning the illness. We hope to grow into a support group that would be a model for more such groups in society.

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"And when did you start losing the will to get to the other side?"

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COMPENDIUM UPDATE

In the course of building our compilation, we found that many phone numbers and contact details need validation. Serious work can be done only when we spend a lot of time to gather all the accurate details. We are working on getting this done and on finalizing suitable artwork for the publication.

INVITED TALKS



possible opportunity.

There have been special invitees to our regular monthly meetings. Dr. Ratnakar of Global Hospitals, Dr. M S Reddy of Asha Hospitals, and Shri Visesh of Progenius were invited guests for 3 different monthly meetings. Dr. Ratnakar spoke on the spiritual aspects of service at SEVA. Dr. M S Reddy spoke on the need for sensitivity in identifying someone turning suicidal, and how one can be of significant help in saving a person's life. Shri Visesh spoke on the topic of Neuro Linguistic Programming, and has planted the desire for everyone at SEVA to do a course in NLP at the earliest

DONATIONS

Name

Swathi Prakash Choukulkar	20-07-2011	Rs. 25,001
Sandeep Soni	20-07-2011	Rs. 500
Sreeramamurthy K	27-08-2011	Rs. 10,000
Chandrima	27-08-2011	Rs. 3,000
Ramalinga Reddy Maruri	30-09-2011	Rs. 2,000
Chandrima	24-12-2011	Rs. 2,500

SEVA IN THE MEDIA

FM Rainbow 101.9 had a one-hour program on SEVA during the afternoon of 21 December. 4 SEVA volunteers participated in the program, "Sarda Samayam", that highlighted the issues that bother society, and focused on how SEVA has been offering valuable service for over 18 years in the twin cities. Following the program, SEVA received several

phone calls on its helpline (mobile number), and saw an increase in the number of callers, too.



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Main Centre:

Kowtha Swarajya Vihar, 10, Padmaranagar, Secunderabad - 500
025
Ph: (40) 27504682
Timings:
Monday to Saturday: 4 PM - 7 PM
Sunday: 11 AM - 1 PM

Balkampet

VeerHanuman & 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
Saturday (except last): 6 PM - 8 PM

Ext Centre II:

Gandhi Hospital, Psychiatry Ward, Secunderabad
Timings:
Monday to Friday: 10:30 AM - 1 PM

ACKNOWLEDGEMENTS

SEVA wishes to express sincere thanks to

1. M/s Voith Turbo, for sponsoring the Suicide Prevention Week function
2. Dr. Ali Khwaja, for his outstanding lectures and training videos
3. Banjara Academy, for extending their support and a possible strategic relationship
4. Rajnesh and his team, for capturing, editing and bringing out brilliant videos of the lectures and training
5. Dr. Gurava Reddy, for his gracing the Annual Day, and for a brilliant speech at the function
6. Prof. Kolhatkar, for being our special guest at the Annual Day
7. Mrs. Sudeshna Gupta and her team, for presenting soulful music on the Annual Day
8. Our donors, for supporting us.

FUTURE PLANS

2012 seems promising – it started with a short press coverage in Eenadu that prompted a series of phone calls to SEVA's mobile number. SEVA plans to hold training sessions for its volunteers on specific topics like NLP, CBT and Transaction Analysis.

Also, an annual training program, to induct new volunteers to SEVA, is on the cards. A strategic tie-up with Banjara Academy to promote their training programs is also being considered.