



# Seva - A new hope

January 2013

SEVA - FREE & CONFIDENTIAL COUNSELLING CENTRE

IN THIS ISSUE

## Seva Newsletter

by SEVA

Dear Friend,

Our sincere thanks are due to our donors who motivate us all to serve society better.

SEVA takes pleasure in bringing out its newsletter for the period of July – December 2012.

SEVA turned 19 on 6 September 2012, and this only meant more action, more outreach, and hopefully, happier people around us.

SEVA commemorated World Suicide Prevention Week, with workshops and presentations for teachers, parents, students and SEVA volunteers.

SEVA had a significant presence in the Seva Mela 2012.

“ALAMBANA”, the support group for Depression and Bipolar Disorder, has crossed the milestone of completing one year.

2013 seems promising wherein we have decided to reinvent ourselves by bringing in better processes and procedures, infrastructural improvements to our main centre, etc.



### Hyderabad 10K Run - Nov 2012

This was a fundraising event conducted for Hyderabad NGOs. 23 volunteers and supporters represented Seva in the run.

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### Suicide Prevention Week - Sep 2012

The workshop, which featured presentations and role-play, was well-received by all.

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## What we learnt

Training & Talks

### Continual Learning

As part of continuing education, we had been conducting program through the year for our volunteers and also outsiders.

Our volunteer Dr. Radha Vasudevan was kind enough to train us on a few other therapy techniques like Emotion Freedom Technique or Tapping Therapy and Ho'oponopono, a Hawaiian therapy technique.

### Suicide Prevention Week

This year, SEVA volunteers, as a team, prepared and presented a half-day workshop titled "Life is Beautiful, Live it - Do we all know that we all can and should intervene and prevent a SUICIDE?"

The workshop was held on September 1, Saturday afternoon, for teachers and parents.

The objective of this workshop was to teach participants the following skills:

- Identifying suicide risk

- Intervention skills
- To refer a suicidal person for help

The workshop was conducted by Havovi, Sangeetha, Tapadia, Hema, Radhika and Saroja. They used presentations and role play to get their point across.

The program was received very well by counselors, teachers and parents.

Sri Jawaharlal Nehru made presentations at five different educational institutions, and Sri. Narendar and his wife Smt. Subhashini were the organizers of these presentations at these institutions.

We also got an article on suicide prevention published in Vaartha during World Suicide Prevention Week.



## Hyderabad 10K Run

A fundraiser for Hyderabad NGOs

In November we participated in the Hyderabad 10K Run, an awareness and fundraising event for NGOs.

This required a bit of mobilization and active participation, including practising running in the mornings for a few weeks before the event.

23 participants - volunteers and other supporters - represented SEVA in the run.



This, we feel, is a significant number. We thank all the runners who helped in our cause.

## Outreach

Seva reaches out beyond its walls

### Alambana

Alambana with the active participation by Asha Hospital and mainly Dr. MS Reddy, the support group for Depression and Bi-polar affecteds and the care givers has been marching steadily at an even pace. We hold a meeting every third Saturday in the evening where people affected by Mood Disorders and their care givers join and freely exchange views, experiences, doubts, etc.

Every time the meeting is moderated by our volunteer Monika earlier by Usha with the guidance of Dr. MS Reddy himself most of the time or one of the Psychiatrists when he is traveling.

### Seva Mela

As in the past years, SEVA participated in Sevamela during the Joy of Giving Week and it significantly helped increasing the awareness of SEVA and its services. As many of our volunteers helped with the organizing of the mela, SEVA received very good patronage. This year the mela saw an increase in the number of NGOs and also a significant increase in the visitors to the mela.



In addition to the Psychiatry ward, Head of the Department of Pediatrics had requested SEVA to assist them and also to assess and advice on how to improve their counseling process at their Neonatal ICU ward. Mr. Thiagarajan has been visiting Gandhi Hospital twice every week for this effort.

### Miscellaneous

Gandhi Hospital Centre has been having a significant increase in the caller rate. In

## Donations

We wish to thank our donors for their support

- Jayashree Venkatraman. 2,500
- D. Satyanarayana Rao. 5,000
- Venkateswara Rao Sunkara 10,000
- A. Thiagarajan 20,000
- Rotary Club of Bhagyanagar 15,900
- Dr. Mahtab Bamji. 1,000
- K. Sree Ramamurthy 15,000

## What we need

A few issues that Seva needs help in

While all the above has been going on very well, and our volunteers have been giving their best to have Seva running brilliantly, we still have issues.

The issues to be addressed as quickly as we can are as follows:

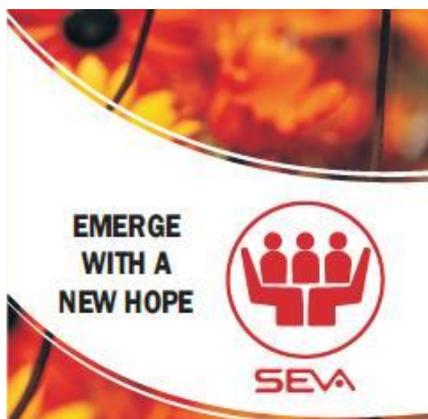
1. Infrastructural inadequacies in the main centre - the centre badly needs a face-lift, and certain facilities need to be put in place at the earliest. We have received donations, which we shall to put to use on these.
2. There are a number of improvements in our processes and paperwork, so we can go in for accreditation and recognition.
3. We have just started tweaking the personal effectiveness of individual volunteers, in terms of their skills, approach and overall effectiveness, instead of deluding ourselves into believing that we are doing a brilliant job seeing the smile on the face of a

caller. This effort is part of how we intend to strive for excellence.

# Seva - A new hope

Kowtha Swarajya Vihar, 10,  
Padmaraonagar,  
Secunderabad – 500

[www.sevacounselingcentre.org](http://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