

# Seva
## A new hope

# Newsletter Aug 2014

SEVA - A NEW HOPE

IN THIS ISSUE

# The 21st year so far...

by Seva

Cheers to Seva's patrons and well-wishers!

The first half of the 21st year of service of Seva has some significant things to report, the most important one being the lecture by Norwegian Professor Dr. Pravin Israel on "Attachment-Based Family Therapy". This was the first of its kind being delivered to Indian audiences.

The beginning of the year brought in several callers to our centres, but the summer months saw fewer people approaching us. To address this, we are putting up classified advertisements in the local Telugu newspapers, and also display adverts on a significant number of auto rickshaws.

An outbound workshop helped us build a stronger team, and left us wanting more. We plan to conduct more such activities in future.

In April, Seva organized a scholarly lecture on a new therapy methodology called Attachment-Based Family Therapy. The talk was brilliant, and is available as a Youtube link.

Ms. Zenobia Rustomfram conducted a talk on parenting, and this was welcomed by several of the attendees, who were asking for sequels on the same topic but in depth.

We conducted workshops at Azim Premji Foundation this year, and this was the first time that Seva organized such sessions for those other than our own volunteers.

Our outreach activities have been as wide-ranging as always, and we have had visibility on radio and TV, at Sunday bazaars, and at programs organized by other voluntary organizations.

Seva also thanks its donors for their continued support, and for their kind donations.

We hope to have made a difference to society through our work, and will continue our efforts for a happier society.

Cheers,

Team Seva




## Lecture by Dr. Pravin Israel

Norwegian Professor Dr. Pravin Israel spoke to audiences on "Attachment-Based Family Therapy". This was the first of its kind being delivered to Indian audiences.

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## Pehchaan Series

Learn more about the enlightening evening with Ms. Zenobia Rustomfram on how well parents really understand their children

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# Training Workshop

on 17-19 Jan 2014



In our efforts to induct new volunteers, a 3-day training workshop on Basic Counselling Skills was conducted from January 17 to 19, 2014.

The training was conducted by members of Seva, and included theoretical concepts, role play sessions, case studies and a video presentation. This is the first time that Seva was able to conduct a training program by its own members without seeking external help.



There were about 16 participants in the workshop, and it was well-received by everyone. This time, we strictly brought in only those whom we had screened and want to take on board after the training. There were 20 Seva members who joined in as well.

The workshop gave participants an insight into mental health and the process of counselling, in a simple way. The videos, case studies and role plays enacted during the workshop gave them a good understanding of the complete counselling process.

# Seva's 20th Anniversary

on 16 February

Seva celebrated 2 decades of growth and success on 16 February, at Kamakoti Kalyana Mandapam, Padmaraonagar.



The event's chief guest was Sister B K Radhika from the spiritual organization Brahma Kumaris.

The function's invocation by Ms. Hema Murali mesmerized the audience. Ms. Vandana Patel introduced Sister Radhika's achievements to the audience.

In the welcome address, Mr. Thiagarajan, Director of Seva, recounted Seva's significant milestones of the year, and spoke about the continued support of donors, well-wishers and volunteers. The event was compered by Rajendra Tapadia.

Sister Radhika instantly connected with audience, as soon as she took position at the podium. Her observation about the strong bonding of Seva members during her interaction with them was inspiring. We are sure that her blessings will take Seva to new heights of success.

Sister Radhika spoke about "What fosters or festers relationships". She shared wonderful stories from her vast experience of over 17 years. Each story referred to different relationships, like parenthood, companionship, friendship and family bonding, involving various generations.

Everyone could connect to most examples in their respective lives. Her suggestions and tips for practicing Rajyoga will surely be followed by many.

In the concluding speech, our beloved Chairman, Mr. K. L. Manohar, conveyed his commitment to help Seva. The vote of thanks was extended by Mr. Jawaharlal Nehru.

After the talk, the audience was treated to soulful melodious songs by veteran artist Pandit Suryakant Bhatt & his team. Suryakantji involved the crowed in chorus, and responded to all requests from audience.

The event ended with dinner, and overall, was a memorable one.



# Outbound Workshop

on 2 March

A group of senior Seva volunteers had an experiential workshop at Greenfields near Gandipet, on March 2nd. It was conducted by Ms. Zenobia Rustomfram, an accomplished psychologist and counselor with over 35 years of experience. Being a part of a workshop on the concept "Outward Bound" in professionally tailored activities while connecting with nature at Greenfield was an enlightening experience.

"Outward Bound" is an old outdoor pursuit inspired during WW II (year 1941), to enhance young sailors' capacity as a team member, to excel in difficult and daunting tasks. This technique had protected young sailors from succumbing to the dangers of the Atlantic Convoys. Over the years, this has been refined into a powerful experiential training methodology.



The day was filled with activities that included lot of fun and challenge, and that also led to a lot of experiential learning after every exercise during the debriefing.

Every exercise was designed to challenge the individual to get out of their mental and physical comfort zones.

This was the first ever event of such a kind, and Seva would like to do more such activities involving other volunteers.



# Talk on ABFT

on 16 April




On 16 April, Seva had the opportunity to organize a scholarly lecture on a new therapy methodology called Attachment-Based Family Therapy (ABFT), by Dr. Pravin Israel, clinical psychologist and senior researcher at the Akershus University Hospital in Norway. Dr. Pravin Israel has his roots in Hyderabad.

Attachment-Based Family Therapy (ABFT) is a treatment for adolescents aged 12-18, that is designed to treat clinically diagnosed major depressive disorders, eliminate suicidal ideation, and reduce dispositional anxiety.

The model was developed by Professor Guy Diamond and his colleagues in the USA. It is based on an interpersonal theory of depression, which proposes that the quality of family relationships may precipitate, exacerbate, or prevent depression and suicidal ideation.

In this model, ruptures in family relationships, such as those due to abandonment, neglect, or abuse or a harsh and negative parenting environment, influence the development of adolescent depression. Several studies have demonstrated the effectiveness of this method, and the method has also been approved by relevant authorities in the USA as an empirically based treatment.



Dr. Pravin's brilliant lecture included the multi stage therapy process. We were able to gather a discerning audience of counselors and psychologists, and the interactive question-and-answer session was proof of the importance of the topic.

Seva had recorded the presentation with Dr. Pravin's permission, and the video is available to the public via Youtube through the following url:

***www.youtube.com/watch?v=pzW6BEJkamk***

SEVA thanks Dr. Pravin Israel to have chosen to deliver the very first exposition on ABFT in India through SEVA.

# Pehchaan Series: Do We Understand Our Children?

on 2 March



An enlightening evening with Ms. Zenobia Rustomfram on this extremely interesting topic was attended by a packed audience on April 13.

Ms. Zenobia Rustomfram is a post-graduate in Social Sciences from Tata Institute of Social Sciences, Fullbright Scholar, counselor with 35 years of experience, pioneer in School Counselling in Hyderabad, Counselor

at ISB, Joint Director at Greenfields Centre for Outdoor Development Programs, and well-known guide on Parenting Skills.

Ms. Zenobia, in her interactive presentation, covered a variety of case studies and scenarios from her very rich experience, and described the pitfalls that parents seem to miss out watching for. Several stages of child development from schooling days to college level – children to adolescents to young adults were all covered in detail.

Since the whole event was interactive, the audience had a great opportunity to bring about a number of real life issues and discuss them in fair detail.



# Workshops at Azim Premji Foundation

on 28 Apr and 19 May

Seva volunteers conducted one-day training workshops on basic counselling skills at Azim Premji Foundation, Yadgir. The workshops were conducted for two batches of teacher trainers of the institute, on 28 April and 19 May.

The training workshops were tailored to be short and specific to their needs. They included theoretical concepts, role plays, case studies and video presentations. This was the first time that Seva had the opportunity to conduct a training workshop for those other than Seva volunteers.





# Seva's Outreach

- Mr. Sreeramamurthy has been regularly making weekly visits to Kasturbai Kasturba Gandhi National Memorial Trust, Hydershakote, and has been providing counselling to young girl students staying in their hostel.
- Presentations about Seva and its activities were presented at Aurora Business School and Hyderabad School of Management.
- Ms. Lakshmi Aruna and Ms. Amruthavalli represented Seva on radio and TV programs.
- Adivaram Angadi, a weekly organic bazaar conducted at Sacred Space, Secunderabad, had kindly agreed to Seva putting up a stall and talking to visitors about Seva's services and distributing our brochures. This opportunity was availed of by us a couple of times.
- Seva was represented by volunteers in programs organized by Makro Foundation and Roshni.
- Resource Directory of Voluntary Organizations compiled by the working groups (YWCS, MAFO, COVA) on Women's Empowerment in Hyderabad and Secunderabad features Seva as the first entry in their section on Counselling Services.

# Donations

Seva thanks the following donors for their generous donations

| S. No. | Name | Amount |
|---|---|---|
| 1 | Ms. Naga Geethanjali | 2,200 |
| 2 | Mr. K Nityananda Reddy | 10,000 |
| 3 | Mr. K Nityananda Reddy | 10,000 |
| 4 | Mr. Butchayya Medi | 10,000 |
| 5 | Mr. Bhushan Vijay Desai | 5,000 |
| 6 | Ms. Chandini Bhoopal | 2,000 |
| 7 | M/s Tapadia Marketing Services | 5,000 |
| 8 | Mr. Anil Patel | 10,000 |
| 9 | Mr. Sreeramamurthy | 5,000 |
| 10 | Prof. Kolhatkar | 5,000 |

# Seva
# A new hope

Kowtha Swarajya Vihar
10, Padmaraonagar Secunderabad - 500 025

http://www.sevacounselingcentre.org/




## Main Centre

Kowtha Swarajya Vihar, 10, Padmaraonagar, Secunderabad - 500025
Ph: (40) 27504682, 9441778290
Timings:
Monday to Saturday: 4 PM - 7 PM
Sunday: 11 AM - 1 PM

## Balkampet

Veer Hanuman & 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

## Ext. Centre II

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