

Let s build a happier world together

2009- 2010



...towards a
happier life



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Our Aim

The Happy Life Welfare Society aims to focus on the youth of today, who are under a lot of pressure, given the present socio- economic and environmental conditions, combined with aggressive competition. These pressures may be academic, parental, societal, peer, economical, etc. Add to this, the exposure to worldwide cultures and ways of life through television, with no guidelines for them to understand what is appropriate and what is inappropriate. Demands of contemporary life shown by media, do not match with our cultural or ethical values; joint family system has crumbled down under the economic pressures of today and in most cases, both parents have to work. Children might have, comparatively more comforts but they have to compromise on the quality of emotional life, which leaves them more vulnerable emotionally.

Having a need to fit in somewhere, to feel accepted and 'belong' to a group of people, many children today succumb to peer pressure in many harmful ways. This may cause a conflict of image within and many of these youngsters change the way they look or talk. Many alter their behavior patterns to become better suited to their social groups or so called 'friends'. Some of these changes may often include the use of alcohol, smoking and in many cases even drug abuse.

Rise in the cost of living, smaller returns from agriculture, and



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unemployment has increased migration of people from smaller towns into big cities. This leads to many youngsters living alone in a new culture, with a different set of values than their small city. This difference also causes conflict within, and with usually no support from family in these matters, the youngsters do not know or understand how to resolve this conflict, and more often than not, end up doing things that harm instead of help.

The Indian family system has gone through many changes over the past decades leading to a nuclear family system. This puts additional pressures on the parents, and in many cases, they are not able to have a proper communication with the child. This lack of communication often causes the child to feel lonely, as they are unable to share these conflicts, confusions and stresses with the family. This gives rise to feelings of abandonment, helplessness and frustration, especially among adolescents, leading usually to unresolved psychological issues, thus creating a drift from the family. The children feel lost and often take refuge in alcohol, drug abuse etc. Our aim is to help these young adults understand that the refuge in the above addictions brings only temporary relief, whereas resolving the underlying issues actually leads to a 'Happy Life'.





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Our Team

Board Members

The Happy Life Welfare Society is run by a team of Board Members. We have shared below a small note from each of the Board Members, and Founding Members along with their brief introduction. We are blessed to have on board some highly qualified and committed professionals. All of us have come together with a collective goal of creating a happier life.

President

Dr. Sumohini, N.D.

My work has been on evolving different techniques of meditation to calm the mind so that the peace attained with the knowledge of Reality



can be experienced. An inner awareness, social awareness and environmental awareness are issues close to my heart. I try to remain connected to the higher power, and live life as an instrument to manifest peace, harmony and happiness.

I completed my Diploma in Naturopathy from AINCF, New Delhi and registered with them as a practitioner. Since 1992, I have been 'a living

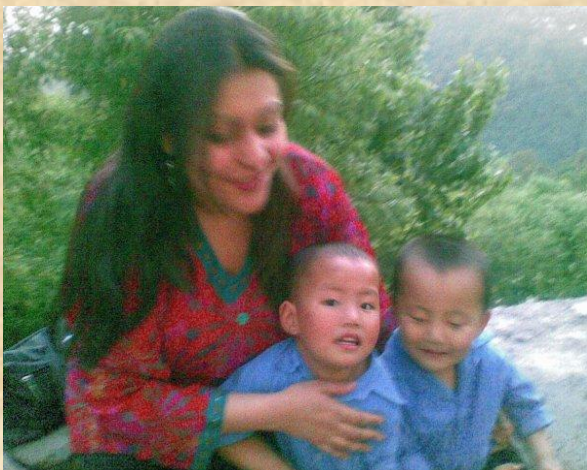


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source of inspiration' to patients suffering from chronic or supposedly incurable diseases at the Nature Cure Hospital in rural Andhra Pradesh and to those who want to remain healthy. Now I am based in Delhi. I informally studied Psychotherapy from Fr. Roman Lewicki (a trained Psychotherapist from U.S.A.) then in Vidya Jyoti, in Delhi. (He is now at XTTI, Patna, Bihar). We both agree that the spiritual aspect to life has to be brought in to be able to rise above what is happening, and grow out of it.

I also trained under Dr.P.Narasimha Reddy, who treated me at the Nature Cure Hospital. He became a spiritual guide to me. I learnt meditation and complicated techniques of Pranayama with Antah and Bahya Kumbhakas from him.

Vice President Ms. Kanupriya Singh



My varied experiences in career and my personal life have enabled me to empathize with people from various sectors, age and walks of life. I have been a practicing Vedic Astrologer for many years and have guided and counseled many people through it. I also have corporate experience in Indian and International firms in the



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real estate and financial sectors. Public relations, sales and event management have been my key roles. Fortunately, in my life I have been through many struggles which help me achieve a greater understanding of the struggles the young kids go through. I have been born and brought up in Delhi and completed my graduation in Sociology Honors from Delhi University in 1995. I have had the blessings to come across many spiritual gurus and to be able to try and understand a higher perspective of life. Being a single mother has trained me to cope with many issues related to children. I am certain I will be able to create a positive difference in the lives of our young adults and also offer support to parents who at times may not be able to cope up with the pressures of today's lives.

Secretary Dr. Sri Vidya



I am a practicing clinical psychologist with the Escorts Heart Institute and Research Centre, New Delhi, and am primarily involved in the running of a stress clinic and lifestyle management program for the same. I am also a practicing hypnotherapist and have attained my degree as a 'Master Hypnotherapist' from the California Hypnosis Institute of India and trained to be a



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practitioner of the 'Eye Movement Desensitization and Reprocessing' technique aimed at helping trauma- stricken individuals.

I graduated from S.V.T College of Home Science and completed my masters in Clinical Psychology from S.N.D.T women's university, Mumbai in 2001. I further completed my M. Phil in Clinical Psychology from Kasturba Medical College, Manipal, Karnataka in 2004.

I have conducted several workshops on stress management and personality enhancement for high school children and senior level corporate executives. I have also worked with corporate houses like Indian Oil Corporation, BHEL, Bharati Telesoft, IREDA, Hero Honda, Orange Country Services, NTPC; and educational institutions like NIIT, Delhi Public School RK Puram, Convent of Jesus And Mary, Tagore International School, Bhartiya Vidya Bhavan to name a few .

General Secretary

Ms. Sunieta Ojha

I am a litigation lawyer practicing in the Supreme Court of India. I completed my Bachelors and Masters from Miranda House College and then went on to do a LLB from Law

Campus, Faculty of Law, Delhi University.

Thereafter, I was admitted as a member of the Bar. My primary practice consists of Appellate side of work in Civil, Corporate and Criminal Litigation,





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Arbitration and Advisory. Apart from my commitment to the legal practice I am also committed to the cause of women, children and other sections of societies that are underprivileged and disadvantaged. I have been awarded Packard Fellowship by International Institute of Education, San Francisco, USA, for my work on promotion of Human Rights of Woman and Children. I serve as a resource person for various NGO's based in Bihar and Jharkhand, conduct training programs on legal issues and have done some interesting research and writing.

Treasurer Ms. Surabhi Batra



I finished my graduation in Applied Psychology from Delhi University and currently am pursuing my post graduation in Advertising and Public Relations. I have also done Tally and Accounting which will prove useful to me in maintaining accounts as part of my profile.

I recently experienced many ups and downs during my teenage years and I am very aware of the stresses that surround the

youth of today. Things have been rapidly changing in the past decade, more so in urban India, and since I have been born and brought up in



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New Delhi I have great affiliation towards the work this organization aims to do.

Founding Member Mr. E. Nagaraj



I have been a successful business man in Hyderabad. I run my own software company called 'Neha Infosys Technologies'. I serve as a Director for 'Neha Infosys Technologies'. The company is eight years old pioneered into Web Technologies with a handling of two hundred plus clients from Manufacturing Industries, Pharma, Construction Companies etc all across Andhra Pradesh.

I am also the Owner and CEO of '**Neha Realtors**', a real estate consulting company specializing in sales and property management in Hyderabad. I started this company in May 2007, during one of the deepest recessions on record. Since then, 'Neha Realtors' has grown to be one of the largest service providers in real estate companies in Hyderabad during peak season.

I underwent a personal set back when I lost my wife in November 2006, who was suffering from cancer and have been handling my two



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children single handedly ever since. During this course of single parenting I faced many issues and also connected to the stress the young kids go through in today's world. This personal experience with children has urged me to know and learn more about them, and to be more actively involved with issues connected to them.



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Campaigns

Campaign against Drug Abuse- 'Say No To Drugs'

Drugs have conquered the minds and bodies of so many young people today, destroying their academics, careers, relationships and life that we knew it s time to strive against it and help the youth live a real life.

We often wonder how it starts in the first place, maybe it starts, when meeting new people or to be part of a culture around the young crowds of today or at a party with casual abuse gradually becoming a stress buster. This leads to the vicious circle of complete dependency called addiction. The important thought here is when the casual abuse begins is any individual voluntarily choosing addiction? Probably not. The issue here is the complete ignorance of the seriousness of the situation one is about to enter into.

We at The Happy Life Welfare Society are trying to make an effort to increase the awareness towards drug abuse among the youth so that at vulnerable moments or when under peer or other pressures they are able to make a more informed



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choice about the course of their life.

Rebuilding Family Communication

Communication between children and parents has been severed to a great extent today. Many children find it difficult to communicate with their parents and vice versa. There are many reasons why this has started to take place and continues to get worse as time passes. Many of these reasons would be the so called “generation gap”, lack of quality time spent as a family or other social reasons. Faulty communications occurs most of the time which makes the atmosphere intense at the household, as irritations increases and tempers flare; communication becomes more and more complicated.

We at The Happy Life Welfare Society plan to initiate a campaign, to help improve communication among parents and children. Workshops would be conducted on communication skills to develop effective communication.



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Awareness Campaign - Save the Environment

Our youth needs to be aware of, and work on looking after the environment. Every year, the temperatures are going up, ground water levels are going down, and the quality of ground water is deteriorating. The air is becoming more and more loaded with pollutants, making it difficult to breathe and manifesting as respiratory tract problems. This doubles the pressure on today's youth; they have to deal with the current damage already done by us and also plan to save the natural resources for their life time and generations to come.

We intend to spread awareness regarding environmental issues and approach it with an analytical and suggestive view. Our job is to make people THINK, think and analyze. Analysis means interactive sessions where we raise issues and discuss them. Discussions do not mean an intellectual debate; we intend to identify limitations and a way out within those limits.

Coping with stress

A unique programme designed to train the mind to undo stress and create a new pattern of thinking based on 'Positive thought



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and Energy. Awareness that we are part of a bigger plan.

Discovering the individual role in the universal drama.

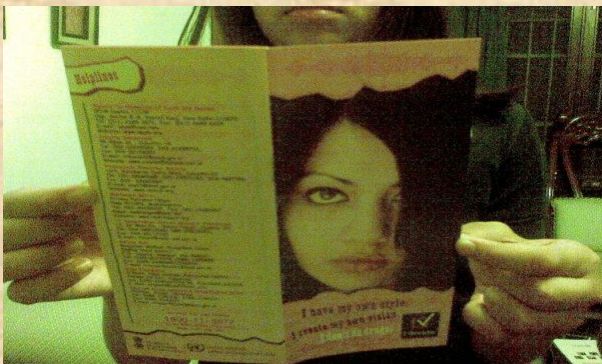
Distinguishing between the role and the actor. Meditative techniques for peace and inner strength, techniques for healing



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Projects



- Rebuilding lives
- Healing the earth
- Foundation stones for families





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Rebuilding lives

This is an initiative to help young children and adults come out of their drug or alcohol problems and begin their lives all over again. We have been successful in restoring seventy percent of the cases out of the total that came to us.

We work with a team of qualified doctors and use therapy, homoeopathy and total life support from the NGO itself to rebuild the patient's life.

The treatment consists of three stages:



- **Removing**
- **Restoring**
- **Re building**



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Removing

At this stage the patient is taken away from the environment which promotes drugs. At times this can be hard as the people who supply the drug to the patient usually don't let go easily. This is where we step in and protect and safe guard the interest of the patient and at times the patient itself. The use of therapy helps the patient in understanding why this is important and we give the patient emotional support to deal with withdrawal symptoms. The homoeopathy mediation serves a vital role in this as well.

Restoring

Once the patient has managed to remain clean we begin restoration. In this process we help the patient bring back the desire to move on and live. Patients involved in drug abuse usually get into drug abuse due to emotional issues. At this stage we help the patient resolve those emotional issues and prepare them to be mentally strong and begin planning their life ahead.



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This is the final stage and requires a lot of patience and is a slow day to day process. We let the patient establish contact with a larger group of people than before and at times even old friends who were aware of the drug problem or at times even a part of it. The patient is encouraged to test their own mental strength against the use of drugs and we counsel at each step to re assure them of their confidence and strengthen their belief to live a drug free life.

This process may also involve the patient to begin a new job or to begin studies with a new focus and actually make up for all the time they lost while they were suffering from drug abuse and lagging in their responsibilities of life.

***A case wise detailed report can be looked at by contacting us.
This information is confidential and not available on the internet.***



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Healing the Earth

This project is mainly supported by young children and is an initiative to incorporate day to day habits in our life which are environmental friendly.

We also run many campaigns under this project which involve tree adoption, planting, green patches in the middle of dry crowded locations of the city, clean and green city etc.





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Foundation stones for families

This project involves counseling sessions at an individual level and seminars and interactive sessions in schools and colleges.

The aim is to help bridge communication gaps between teenage children and adults of the family. Counseling sessions are held for parents and children individually and together to help them understand their individual conference and perspectives on various issues and reach a cordial and loving way to communicate about them with each other and find a resolve.





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Achievements

We have had huge success in our rehab work working with children and young adults. We merge various treatments along with therapy and twenty four seven support from us to help the individual recover and begin leading a happier life.

Our online groups have expanded beyond geographical boundaries further spreading the light.

Events

‘Say No to Drugs’, campaign at

‘The Army Public School’,

New Delhi.





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**NGO Mela, Campaign against Drug Abuse,
Gargi College, Delhi University.**





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Contribute

You can contribute to our efforts by donating money for our various projects.

To donate e mail us on:

happyfewelfare@gmail.com

If you would rather contribute by working with us and would like to spread awareness please e mail us to become a volunteer or join our Face Book Group 'Say No to Drugs'