

# UMEED

ENABLE..... EMPOWER..... ENERGIZE !

Newsletter January, 2013



Positive Living Initiative

## Director's Communique



**T**he year started with a knock knock, a much needed one for all of us who believe in education as a medium of change. We were all shocked at the heinous crime and even more bewildered with the fact that people in authority when responded were so insensitive.

Only string to hope was the silent yet strong protests by the youth, who were able to make themselves heard. Youth did feel, think and acted in a united way to define what was wrong. They give me UMEED that things are going to change for better, we need to connect to them and create a more sensitive humane world. Counselling, Coaching and Mentoring to youth and to people who believe in youth would remain our core focus at Umeed.

2012 was an year of belief and we did reach out from Assam to Ahmedabad and were accepted for the positive strength based approach of enabling people. In 2013 Capacity building in counselling, creating more passionate counsellors and setting a wholistic model of counselling in schools would remain our focus. We also intend taking up more social research on adolescent issues and reach out to several NGOs for empowerment of women, child and community.

*We are indebted to our patrons and wellwishers for their support and belief in Umeed ! Umeedo wali dhoop sunshine wali aasha....khul ki khushi lutaye, kal ko badalne ki hai aasha...*

**Salony Priya, Director, Umeed**

## Upcoming Events

- ▼ Family Health Education for Teachers at Birla High School, Kolkata
- ▼ Gender Education in Schools, Workshop for Educators at St Pauls, Rourkela
- ▼ Basic Counselling Skills for Teachers as Counsellors at Rajkumar College, Raipur
- ▼ Seminar on education, Building Bridges with Higher Education in Kolkata
- ▼ Educating students on Gender sensitivity at Hill Top School, Jamshedpur

Getting Counselling accepted in schools without a taboo is our aim. At the end of 2012 I can look back with satisfaction as counsellors at Umeed partnered with fifteen schools in North Bengal, West Bengal, Haryana and Jharkhand to establish a positive model for counseling that caters to school educators, students as well as parents in residential and day schools, as well as colleges. We dealt with a gamut of student issues – academic distress, goal setting, examination anxiety, peer pressure, maladaptive expressions of anger, learning problems, addiction, family discord, to name a few, partnered with parents and involved teachers to be pastoral counselors. It was encouraging to see the constructive transition in the perception of counselling among students. While many continued to be referred by teachers or school authorities, a gradually increasing number of students volunteered themselves to build their skills so that self actualization becomes a reality. The success stories are many and varied from helping to cope, to coming out of a situation that was a spiral moving downwards, we had many experiences that were exhilarating. It has strengthened our conviction that once you reach out and build trust with students, educators and parents, they benefit from counseling. As we step into 2013, we look forward to yet another year of Enabling students, Empowering Educators and Energizing Schools to become Effective Change Agents.

— **Spriha Patronobis, Head of School Projects - Umeed**

Redefining the parameters of Training as it is understood conventionally, has been an integral part of Umeed's mission. With Psychology and Psycho Education as its niche area of expertise, Umeed Trainings have reached out to a multitude of audiences cutting across age, gender, class and linguistic barriers. This has been made possible only because of the fact that Umeed Empowerment Workshops are devoid of jargon and technical terminology. The methodology adopted is also an interactive process which actively engages the participants and facilitates experiential learning and mutual sharing. Participants while enjoying the process also develop insights and perspectives in to hitherto unexplored aspects of their thoughts, emotions and feelings. In our journey in the last year and a half we have been approached by agencies catering to wide ranging needs of people. On one end of the spectrum have been Social Organizations who are dealing with grave issues like trafficking and exploitation of children and on the other end are corporate houses grappling with issues like stress and work pressure of their employees. It is heartening to see the gradual change that is creeping in among people who now perceive that seeking the help of a Psychologist or Counselor is not something that needs to be closeted. We are poised at the crossroads of change and we see a lot of need as well as possibilities ahead to reach out to people and enable and empower them towards emotional wellness. — **Srividhya Sainathan – Head of Training and Out Reach Projects, Umeed**



**Team UMEED Wishes You a year of Infinite Success & Unlimited reasons to smile !**

**Happy New Year 2013**

*Umeed Pe Ye Jahan,  
Umeed Se Har Muskan,  
Umeed Hai Ye Naya Saal  
Umeed Se Zada Ho Alishan...*

— **TARINI**

Teacher - DPS, Rourkela



# UMEED ADVOCACY PLATFORM

## Small Acts....**BIG** Impacts !

4th August, 2012, Park Hotel

A seminar in education was organized by National Gems Higher Secondary School in association with UMEED- Positive Living Initiative on 4th August 2012. The seminar proved to be a platform for various Heads of Schools, school managements, educators, policy makers, parents and eminent dignitaries, to come together and decide on small acts that would make a difference. Panel discussions on the three themes were

- ❖ Take Risks or Play Safe – A Principals' Call
- ❖ Text Book to Facebook – The New Age Curriculum for Generation X
- ❖ Parents Don't Pack Up – A Parents' Call



Release of Umeed Year Book

## Workshop on **FAMILY HEALTH EDUCATION** for Educators to deal effectively with Sexuality issues with Adolescents



Addressing issue of Adolescent health and sexuality is to support the adolescent's optimal attainment of wellness, by encouraging the ongoing development of self-awareness and skills that promote healthy living. Once sexuality education is understood as an ongoing and interactive process of growth and development, not simply the didactic transmission of sexual information, it becomes

Shrijana Chettri from Sri Sri Academy felt that the three most relevant topics were child abuse, physiological changes of adolescence and difference between sex and gender. She mentioned that the resource person was highly knowledgeable and the topics covered were highly relevant and realistic.

"Your workshop helped me immensely in understanding the nitty – gritty of imparting family health education to adolescents and sensitizing parents to do so. A wonderful, informative workshop. Keep up the good work!"  
**Aprajita Chakraborty,**  
Sacred Heart Convent School.

evident that families, schools, and for that matter, every other individual and institution in a child's life all play a part. With this broad-based understanding and approach firmly in mind, the question for all adults becomes not whether to become involved, but how to become involved. And, our ultimate goal – supporting children's growth and development toward sexually healthy adulthood – comes into clear view. With this as the central theme, Umeed Positive Living conducted 2 workshops – one in association with Sri Sri Academy school, Kolkata and the other in Kerala Samajam Model School, Jamshedpur.





# Inspiring **PRINCIPALS** as Change Agents



Positive Living Initiative

## **ICSE Principals Meet** (Bihar & Jharkand) at Patna, August, 2013



Value based Education using Technology in Schools

## **St Marys Group** **Principals Leadership Training** at Thalcher, Odisha - May, 2012



Principals as Change Agents Building Caring Classrooms

## **National Leadership Conference** at Don Bosco Training Institute, Guwahati - October, 2012



Educators as Counsellors Discipline by Design in Schools

## **Army Public School Principals' Meet** FDRI, Delhi - May 2012



Mentoring & Coaching Skills for Heads of Schools

## **91<sup>st</sup> Anglo Indian Principals Conference** at Lamartiniere for Girls, Kolkata January, 2013



Handling Adolescent issues in Schools "Balancing Act"

## **Annual Conference AISCAP** at Vigyan Bhavan, Delhi November, 2012



Ms Salony Priya with Mr Vineet Joshi, CBSE Director, &  
Mr K.L. Pandey NCERT-Ex Chairman, Promoting Mental Health in Schools





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# UMEED KALEIDOSCOPE



Assets for Life - Study Circle LIC, Ranchi



Budding Teachers at Loreto TTC Training, Kolkata



Education Fair at Ice Skating Rink



University of Womens Association



Talk on Parenting at Bengal Rowing Club

Anxieties and jitters of competitive examinations were the topics addressed at a talk conducted at Birla Industrial and Technological Museum by UMEED - A Positive Living Initiative. Queries related to the psychological and emotional aspects associated to preparation of examinations were dealt with and strategies to combat such state level examinations were suggested to the participants.

UMEED in collaboration with Club Solitaire organized a two day workshop in Nehru Children's Museum called Communication with Confidence. It was an extremely interactive workshop which was attended by about a hundred children from various schools of Kolkata.



Communication with Confidence, Club Solitaire



Graduating Students of Psychology & Education Department, Loreto College, Kolkata



Building Empowered Relationships, Mutual Fund Round Table, 2012, Bhubaneswar by ASK

At Weaver's Studio, UMEED conducted a workshop that focused on developing a positive and healthy attitude towards life and its challenges. The workshop was attended by young women who are a part of an organization called Udayan Care.



Paper presented by Ms Salony Priya on Need for Adolescents Sexuality in Schools at Mentor Conclave, Bangalore



'LEOTSAV' Leo Leadership Training, Guwahati



RYLA Leadership for Youth by Rotary, Dhanbad



# Enabling **EDUCATORS** at EDUCATIONAL INSTITUTIONS



Positive Living Initiative



J. H. Tarapore School, Jamshedpur



Motilal Nehru School, Jamshedpur



South Point School, Kolkata



Sarla Birla School, Guwahati



Contail Public School



B.D. Memorial School, Kolkata



St Joseph's School, Siliguri

*"We have to share love and give support to the child. And make them to feel free so that they can share their problem with their teacher." — Farha Jamal, Bharati Vidya Bhavan, Raipur*

*"First of all I would like to express my sincere thanks to Ms. Salony Priya and her team to inspire and motivate us to change ourselves according to the need of the society. I am very much impressed the way she showed us how to manage the class and get the confidence from our children." — Piyali Chakraborty, D.A.V. Model School, Durgapur*

*"It was great! After very long attended a workshop where there was new things to learn and feel It was nice to know that we are along with the counselor doing a lot of things suggested by Mrs Priya." — Mrs. Joyeeta Dasgupta, Techno India, Kolkata*

*"The workshop helped me realize that as a teacher I am really the future of the country and therefore I should be ever patient, careful and dedicated. The value of patience, trust in the essential goodness of a human being and the best way of dealing with an adolescent was my learning today. Very Helpful session, thanks to Salony mam." — Anjana Mukherjee, South Point School, Kolkata.*

*"Happy to learn so many ways to empower my teaching strategies. Learnt a lot about positivizing peer pressure. Surely this will make us work in right direction in points like misbehaviour, discipline, teamwork, organising etc." — Vibhuti Burman, Sunbeam Group of Institutions, Varanasi.*

*"I think that God gave an opportunity to remind our duties related to children. I am really motivated from the session. From this session I think I really understood the needs and problems related to children." — Raviharsha Evan Chouhan, Seventh Day Adventist, Ahmedabad.*



DAV, Durgapur



Bharati Vidya Bhavan, Raipur



Sunbeam Group of Institutions, Varanasi



Seventh Day Adventist School, Ahmedabad



Springdale School, Kohima



Dafodil School, Silchar



Mahbert High School, Siliguri



Techno India, Kolkata





Positive Living Initiative

# PROFESSIONAL FORUM

## What is Professional Forum?

The primary focus of UMEED Professional Forum is to increase awareness about oneself in an interactive professional environment where each one enhances his or her own capabilities and understanding through experiential learning. As our awareness is heightened, we develop a deeper understanding of ourselves, and how we function in the world. This would result in deeper understanding of others whom we aim to enable, empower and energize!



Adolescent Depression by Piya Nandi

## Sessions Conducted

### Ms Richa Wahi

- Creative Writing and Language Enrichment Specialist conducted on 28th June '12 on **Effective Communication Workshop**

### Ms Kasturi Mukherjee

- Chief Counselling Supervisor and Consultant Trainer at Umeed Workshop conducted on 5th July '12 on **Basic Counselling Skills**

### Ms Dolly Basu

- Veteran theatrician and activist Workshop conducted on 18th July '12 on **Drama Therapy**

### Ms Rinita Majumder

- Outreach Specialist, New Mexico Asian Family Center Workshop conducted on 7th Aug. '12 on **Enhancing Relationships**

### Ms Piya Nandi,

- Counselling Psychologist, Head of organization Partners in Parenting in Parenting Inc. Workshop conducted on 11th August '12 on **Adolescence Depression**

### Dr Tinni Dutta,

- Lecturer, Dept. of Psychology, Ashutosh College Workshop conducted on 24th Nov., '12 on **Adolescent Addictive Behaviour**



Drama Therapy by Dolly Basu



Adolescent Addictive Behaviour by Tinni Dutta



Enhancing Relationships by Rinita Majumder



Effective Communication by Richa Wahi

## Basic Counselling Skills Teacher as Counsellors as heading



Teachers of 20 Schools of Kalimpong, Kurseong and Darjeeling participated to learn counselling skills to handle students' behaviour



From salony I have learnt how to do counselling. The content of the workshop was very relevant specially how to counsel, and how important it is to listen"  
- Amrita Burman, Deputy director Sunbeam group of schools



# Holistic Counselling Interventions in Educational Institutions for Students, Teachers and Parents



## Umeed

### Partner Schools

St Sebastian's School  
National Gems H S School  
St. Mary's Orphanage and Day School  
The Heritage School  
Douglas Memorial H S School  
The Frank Anthony Public School  
Lions Calcutta Greater Vidya Mandir  
BRCM Public School  
Rockvale Academy  
Gyanoday Niketan  
Kerela Samajam Model School



St Sebastian's School, Kolkata



National Gems Higher Secondary School, Kolkata



St. Mary's Orphanage and Day School, Dumdum



The Heritage School, Kolkata



Lions Calcutta Greater Vidya Mandir, Kolkata



The Frank Anthony Public School, Kolkata



Rockvale Academy, Kalimpong

The mission of Umeed - A Positive Living Initiative has perpetually been to Empower people to evolve and discover the best in them, Enable individuals to achieve their intended goals and energize by reaching out and connecting. Umeed has been proactively making an effort through counselling interventions (teachers' training workshops, parental counselling and workshops on lifeskills) across various schools. Supported by faculty and non-faculty members of the schools, Umeed in partnership with various esteemed schools has been successful at bringing smiles and making differences in several lives.



BRCM Public School Gyankunj, Bahal, Haryana



Douglas Memorial Higher Secondary School, Barrackpore



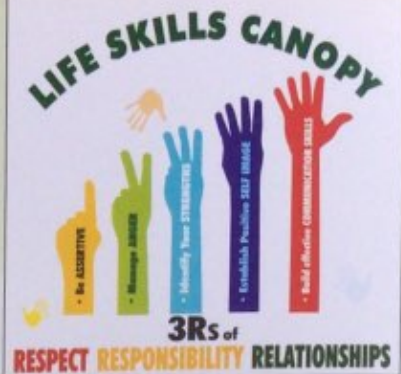
Gyanoday Niketan, Darjeeling



Kerela Samajam Model School, Jamshedpur



# EMPOWERING YOUNG MINDS



"Very interesting and helpful. Made me feel better about knowing the negatives about myself which I didn't know." -  
**Anwasha Sen**, SouthCity International School, Kolkata.



North Point School, Darjeeling



Carmel Junior College, Jamshedpur



"Today I learned that we should believe in ourselves. Failure is the first step to achieve goal. Time management is also very important for our life. So from today I will utilize the time as much as possible I can". -  
**Dimple Bansal**, Mahbert High School, Siliguri.



B.B Pradhan College, Kalimpong

"The overall concept of UMEED, their features have a good aspect of building my personality, character and improve my communication skills to a large extent." -  
**Subhranil Banerjee**, National Power Training Institute, Durgapur



Hill Top School, Jamshedpur



Calcutta Emmanuel School, Kolkata



Carmel School, Durgapur



St. Agnes, Kharagpur



NPTI Engineering college Durgapur

"Today I being a student became very much enlightened on seeing such a wonderful program and I rather like to say be positive in mind, don't be negative" — **Shubhadip Ghosh**, DAV Model School, Durgapur



"In this session I came to know that we must always have a positive attitude. This session helped me knowing basic life skills and how to develop good character" — **Harshita Agarwal**, Agrasain Balika Shiksha Sadan, Liluah.





"I am very thankful to Umeed and its members for spending their valuable time with us and teaching us the basic values of life. Their effective way of interaction and worthy points related to the matters of our everyday's life are truly at par excellence." – **Mumtaz Sultana**, St. Mary's School, Jamshedpur.



"I was very happy to know about Umeed – the positive energy. They made my heart absolutely free from the negative energy stored inside me." – **Ritwik Agarwal**, Dakshin Bhartiya Mahila Samaj, Jamshedpur

- ✦ Enhancing Self Esteem
- ✦ Building Effective Communication Skills
- ✦ Dealing with Bullying and Teasing
- ✦ Learning Appropriate study skills and strategies
- ✦ Coping with Addiction
- ✦ Self Awareness
- ✦ Learning Goal setting Techniques



"From this session I found solutions to my many problems for which I was not finding the way out. My self confidence has been strengthened." – **Deshbandhu Vidyalaya**, Chittaranjan



"We learnt about many new things. We should respect everyone wheather they are elder or younger. From today I will not hurt anyone and I will give respect to everyone." – **Ankita Roy**, Kerala Samajam Model School, Jamshedpur



"I learnt that we should have self respect, if we have self respect then only we can respect others. Thank you so much for this talk." – **Shaheem Khatoun**, Loreto Convent School, Darjeeling



"The main thing that I learnt was that in order to be successful in the race of life, we need to be confident, understanding, empathetic, and loving"- **Ankita Raichowdhuri**, South Point High School,



"Got a great message on how to differentiate between our fairness and the challenges to face in life and basically how to climb ladder towards 'SUCCESS'."

– **Prathana Fohar**, J H Tarapore, Jamshedpur



"I liked this seminar very much and I really got motivated. I will try my best to improve myself." – **Moushmi Kumara**, Hill Top School, Jamshedpur



"It was amazing the way you both explained was just fabulous. I wish I could get this kind of encouragement and motivation whenever I am in need of." – **Noor Shehra Siddiue**, West Point School, Darjeeling

## PRACTICAL TRAINING ON BASIC COUNSELLING SKILLS

An intensive program of practical training of developing counselling skills was conducted at Umeed. It was an enriching 30 hours project involving experiential learning through various small group discussions, role play, and self exploratory exercises. The internship program facilitated the participants to apply their theoretical knowledge to get a better insight of self and others. This interactive training was attended by students and professionals of Psychology and other fields of humanity and aimed at cultivating attending skills, responding skills, listening skills, empathy, managing anger, styles of communication, spectrum of emotions, understanding trauma, emotional intelligence and understanding the relationship between a counsellor-counselee.

### I Learned To –

- Listen to the non – verbal, non – audible cues and sounds.
- Listening to your inner voice.
- If you don't listen, you will react and not respond.
- Areas to improve in listening.
- Addressing the thoughts so that it can affect my feelings which will in turn affect my behaviours."







Positive Living Initiative

# ART OF PARENTING workshops



Gyanoday Niketan, Darjeeling



Bhawans'R.K.Sarda Vidya Mandir, Raipur



Soroptimist International of South Kolkata - Parenting in the New Age



Space Town, Kolkata



Little Scholar, Kolkata



Gems Akademia International School, Kolkata

## Parent's TALK

"This workshop really helps us to understand my child in a better way. I want to attend more these type of workshops at a regular basis."

— Amitesh Agarwal

"It's a really very good start as all the parents are good but we don't know which thing will hurt them. Keep this type of sessions at six months. We were really benefitted, Mrs. Priya had a great style and she really influenced me."

— Mrs. Ranjita Jaishwal

Dear Salony,

My husband Samarjit and I had attended the workshop you had conducted on Parenting last Sunday at New Kenilworth. The workshop gave us tremendous insight into the various approaches to parenting and very useful advice about how we can be better parents to our 2 year old daughter Suhana.

I wanted to share our experiences of how your advise has helped us. Parenthood and parenting is a beautiful journey and we sincerely want to thank you for all your advice. We are trying to be better parents and your very practical and useful advice and tips is going to help us a long way. The way you explained "Love and Limits" was very useful. I am sure we will come to you for more advise as she grows. I wanted to convey my thanks to you and also compliment you on the way you conducted the workshop – you are very approachable and understanding and have a very good way of explaining.

Our best wishes to you and your family,

— Samarjit & Roshan

## Reliance Mutual Fund – Art of Parenting Workshops



UMEED has been conducting Parenting Workshops as part of its collaborative effort with Reliance Mutual Fund. The overwhelming response from the participant couples/parents motivated Reliance and UMEED to carry forward this initiative with more workshops in Mumbai and Kolkata. The issues covered were customized to the need of the parents and the age appropriate concerns and challenges with regard to their children. The latest in this series was a workshop conducted for Reliance clients from the Banking Sector on 9th September 2012 at Hotel Kenilworth. The effort is to continue in other states of India as well in the future.



# UMEED REACHES OUT



Positive Living Initiative

## Umeed reaches out to Adolescent Population in collaboration with TELEGRAPH - Young Metro

### Study smart to succeed



### When the mind is full of fear & despair....



### Tips to beat exam stress



As a step forward to reach out to large number of young adults, UMEED through its collaborative venture with Telegraph has been writing articles for the Young Metro Section. The topics have been on a wide range of issues that are contemporary and relevant to the younger generation. The idea is to start the process of continuous communication and initiate positive thinking. Some of the topics written by Umeed Counsellors are as follows:-

- ▲ In need of the right guidance by **Kasturi Mukherjee**
- ▲ The boy who overcame by **Spriha Patronobis**
- ▲ Friend, Philosopher and Guide by **Archana Sharma**
- ▲ Study Smart to Succeed by **Shruti Luthra**
- ▲ Taking notes to make learning easy by **Riddhika Prakash**
- ▲ Be different, Be cool by **Ritu Kothari**
- ▲ Focus and mind your thoughts by **Urbi Nag**
- ▲ Share Knowledge for best performance by **Udita Boral**

### Be different, be cool

Five of students and lack of confidence may often plunge into to make wrong choices



### In need of the right guidance



### The boy who overcame



## UMEED in NEWS

METRO

### Frank chat key to sex education

Changing their bad habits or bad habits because of bad habits... (The text is partially obscured and difficult to read in detail, but it discusses the importance of frank communication in sex education.)



Saloni Priya, the director of Umeed, is the one who is the key to sex education.

### Theatre as therapy for children



### youngmetro

THE TELEGRAPH FRANKY 22 SEPTEMBER 2017

### Talk therapy to avoid fights

With the help of talk therapy, we can avoid fights... (The text discusses the benefits of talk therapy for children and adolescents.)

### FRIEND IN NEED



Saloni Priya, Director, Umeed

### Lesson in change for teachers



### Teen truths: frank answers to queries



### Spotlight on the adolescent world



### htwomen'sworld

Punishment is not enough. We need to change our mindset... (The text discusses the need for a change in mindset regarding punishment and discipline.)



## People Speak

**Fr. David Vincent, Principal**  
St Mary's English High School, Jamshedpur

*"The workshop – cum- seminar you conducted for my staff on Classroom Management and Teacher as a Counselor was wonderful, innovative and marvelous. The teachers appreciated it very much and I am sure they are trying to put them into practice. The important aspect in your talk was that you were so involved and you spoke about your own personal experiences as a teacher, mother, guide and a counselor."*

**Mr. Dinesh Thapa, Director,**  
Gyanoday Niketan, Darjeeling

*"Let me start by thanking you for bringing "Umeed" to us. Umeed has certainly brought a lot of hope (Umeed) in our lives and lives of our children and their parents. The interactive sessions with the parents and teachers were very successful and both the parents fraternity and the teaching faculty look forward to your sessions. With your intervention, the students are able to cope with their stress and perform better in their academics which will definitely lessen the stress of their parents and provide more zeal and energy to the teaching faculty. How wonderful chain of events it shall unfold."*

**-Amrita Burman, Deputy Director**  
Sunbeam Group of Educational Institutions, Varanasi

*"It is thanks to our interaction with Ms. Salony Priya and take aways from her session that each of us at Sunbeam Schools have understood how to aid personal and social development of students appropriate to developmental stages. All educators at Sunbeam Schools are now in a position to counsel students and if required their families on how to foster growth in the students self esteem, in taking up individual responsibility, and in skills such as decision making and social skills and to provide appropriate interventions to assist students with school related problems and issue"*

**Fr. Johnson Parackal,**  
Executive Director, Don Bosco Institute

*"Congratulations and thank you for the wonderful presentation today. I have no doubt that the participants of this National Conference have truly benefited by your dynamics, highly inspiring and motivating presentations on how to become true leaders, counselors and mentors of children/youth with the much needed skills to lead them to a fascinating, challenging but promising world."*

**Amitava Ghosh, Principal**  
Bharatiya Vidya Bhavan's Raipur

*"This is to express our heartfelt complements to you for conducting the "Good Parenting Workshop" in our school premises on the 9th day at June 2012. The workshop generated tremendous interest among our parents. The honest, dedicated and sincere efforts being made by you and your organization to awaken parents and empower children is indeed an epitome of selfless service aimed at humanity's greatest assets – children."*

**Sr Mercia D'Souza, Principal**  
Loreto Day School, Kolkata

*"Ms Salony Priya conducted a one day session with our staff on 'Classroom Management' and 'The Teacher as a Counsellor'. Our teachers found her sessions effective and helpful. The examples of methods that could be incorporated into classroom teaching/ Management at all levels were particularly useful."*

**Mrs Lata Sharat, Principal**  
J. H. Tarapore School, Jamshedpur

*"On behalf of the J.H Tarapore family, I would like to extend my thanks to you and your team members for the wonderful and enriching sessions that you had for our std. 8 and 10 students and the High School faculty members. We look forward to having many more sessions like this, in future."*

**Dallas Sequeira, HOD**  
Loreto House, TTC, Kolkata

*"We look forward to further interaction with you and your organization. We deeply appreciate the wonderful example you set for our students through your dynamism, and positive and committed approach to education. You make us BELIEVE!"*

**Anju Gandotra, Honary Secretary,**  
Rotary Club of Dhanbad, RI Dist 3250, Club No.16018

*"Your session was amazing, inspiring and very fruitful. The positive feedback received from the Ryla Awardees speaks it all. The children have learnt to love and respect themselves. You have helped them to overcome their fears and inhibitions and become more confident. The most important feedback was that the children have created a shell around them due to which they shy away from people. You have helped them crack this shell and overcome their inhibitions. I look forward to organizing more enlightened sessions for the teachers and students of the schools of Dhanbad. The coal city of Dhanbad will be blessed to have you here."*

**Nandini Shukla, Principal**  
Kerala Samajam Model School, Jamshedpur

*"Ms Salony Priya of Umeed conducted a workshop on 'Classroom Management' and 'The Teacher as a Counsellor'. Comments like 'The Best Workshop ever attended' are apt to sum-up the participants' view. "The resource person was the strongest point of the programme," said the teachers. The workshop brought forth all learning about emotional changes of students, things that were taught in B. Ed., but had been lost in the daily humdrum of achieving targets and giving good outcomes."*

### You can reach UMEED

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