

## Milestones Achieved in 4 years

UMMEED is positive approach to optimize one's potential to reach the pinnacle of success, challenge real & perceived boundaries, to realize ones true worth. Ummeed offers psychological services for those experiencing personal, relationship & work related difficulties and also to those who believe they can achieve much more by understanding themselves and their environment. We at Ummeed believe that **HOPE** in life can heal, can enable and can empower everyone. Some milestones

- ❖ 1050 Educational Institutions attended Counselling programmes with Ummeed
- ❖ 27,000 Students reached out with UMMEED life skill & counselling programmes
- ❖ 17,000 Educators in 15 states empowered & Enabled through UMMEED workshops
- ❖ **Ummeed BCSCounsellors Ready To Establish Ummeed Counselling systems in 47 institutions at 5 cities.**
- ❖ UMMEED Collaborates at Agartala, Rourkela, Nagpur, Jamshedpur, Varanasi for Positive Psychology Centre, advocating enabling counselling.
- ❖ UMMEED Counselling & Training Centre at Rashbehari, 2500 sq ft of experiential supervised learning opportunity.

Wishing You a

# 2015

Full of Happiness & Joy

नीड़ की आस है,  
मन में विश्वास है,  
कोई तो हाथ है,  
जिसका साथ है,  
'उम्मीद' का आगाज़ है,  
लम्बी परवाज़ है,  
कुछ तकनीक है,  
कुछ भावनाएं हैं,  
कुछ विरोध हैं,  
कुछ साथ हैं,  
कुछ असमर्थ हैं,  
पर 'उम्मीद' है तो  
सामर्थ्य है,  
खुद को, तुम को और  
उनको  
समझने की चाहत है.

### ENABLE

One to one counselling Services at Ummeed reached out to more than 4000 individuals in age group 4 years to 73 years in last year. These statistics depict that the myth; going for counselling means I Am mad, was challenged by people, they rather liked to come to a professional counselor, some searched from net, some came from word of mouth and they came from far and wide. Contrary to the general rumour people approached us, as they believed there is a solution, they had HOPE and they wanted to cope with the situations. UMMEED team of counsellors, social workers, special educators reached out and we enabled people to handle their life situations with their strengths.

### EMPOWER

- ❖ **Workshops for teachers on child psychology** for handling special needs to mixed ability classrooms, adolescent issues, to mind sets, change management, emotional intelligences & multiple intelligences empowering them to be fully functioning and helping them to achieve intended goals.
- ❖ **DISCIPLINE by Design - Counseling for teachers** to handle stress, anger and other disciplinary issues faced in classroom.
- ❖ **Family therapy sessions** to extend support and psycho-educate parents of children facing different issues.
- ❖ **ART of parenting for parents** to orient them about age appropriate parenting needs and parenting styles, empowering them to connect to their children, session in educational set ups & corporates.
- ❖ **Ummeed Foundation - Reaching out to under privileged**, enhancing emotional wellness & building partnership with NGOs to empower youth from under privileged sections.

### ENERGIZE

We energized educators and principals by building capacity of caregivers to build school based systems for addressing adolescent problems through various trainings. UMMEED interventions advocated widespread acceptance of Positive Psychology based counselling approach to be used while providing guidance to youth. Schools and colleges alike benefitted from 100 hour Basic Counselling skills across 5 central locations like Rourkela, Varanasi, Agartala, Kolkata and Jamshedpur. Five states, 45 institutions, 247 educators being certified in January 2015, we energized them with spirit of Belief and Hope!

Ummeed completes Fourth year and steps with concrete sustainable plan into the fifth year. As you turn the pages of this newsletter, vista of possibilities created, dreams achieved and difference made will be felt by you. Our goal this year, has been carved thanks to our wellwishers, to be a fullfledged capacity building organization dedicated to developing committed professionals in the field of positive psychology. We invite you to visit our training and counselling centre at Rashbehari avenue in Kolkata, with state of art facilities for comprehensive counselling, training and research facilities. UMMEED is unique in its outreach, a training & continuous learning forum, a leader in psychosocial growth of young people in partnership with educational institutions spread across 15 states. We continue partnering for various psychological and social issues that affect individuals and organizations alike. We value a trusting relationship with all our patrons and partners and commit to enable, empower and energize people with UMMEED.

Salony Priya

— Founder Ummeed, empanelled with CBSE as Master trainer, Mentor Magazine leading voice in education.



Conclave, 16th April, 2014



Mrs. Govti Ishwaran addressing the session at Kenilworth



April 2014

## SIGNATURE EVENTS-UMMEED

December 2014

### Reinforce The Role of Positive Psychology in Nurturing of Human Potential

Principals, school management and corporate Heads were invited to share their views on how to make city of Joy a better place on 16<sup>th</sup> April 2014 on the occasion of Ummeed stepping into its fourth year. Govti Ishwaran, Founder Principal of Sanskriti School, New Delhi & currently the CEO of The Global Education and Leadership Foundation, emphasized on all from education needs to be imparted to young children, now.

Dr. Anindita Chatterjee, Clinical Psychologist, consultant to Ummeed introduced Screening Test-Junior, India Edition (DST-J<sub>INDIA</sub>) - a scientific assessment to identify children at risk of dyslexia and Cogmed working memory training - an online training program that expands working memory capacity, in order to improve attention, academic performance and behavior.

### Launch of the Newsletter



UMMEED Moving with steady steps into fourth year, saw patrons, Mr. I. Myers, Principal - The Heritage School, Mrs. Sharmila Bose, Principal - Suprabha Birla High School, Lion S. L. Danga, CEO Avanti Group, Lion Prakash Himmatnigla, releasing the newsletter. Ms. Smita Paronobis was felicitated by Mr. Myers for her commitment and dedication.

### ADOPTION A positive Option in society to complete families



Rotary Club of Calcutta Renaissance in association with Round Table organized a unique event to promote adoption. Mrs. Sainy Priya addressed the prospective parents contemplating adoption establishing emotional bonds in parenting as higher than the biological connect.

"Storytelling from heart and her assurance was very meaningful for anxious parents. Your presence on the panel is deeply appreciated. Thank you main" - Prakash Mahata, Khetaria and organizer

### Transformation - 2014

An event by Rotary club of South East, interact Club and Rotary club of Calcutta Visionaries for youth.



Sainy Priya was the judge for the debate. Media a boon or a bane, participants from city schools as DPS Medinipur, Our Lady Queen, Lamentine for Boys, St James, Frank Anthony School, M.B. Girls and many others participated. A truly Educational Event.

### Gulmohar School, Tata Nagar PEACE NOW & FOREVER



As part of their diamond jubilee celebrations, Ms. Sunita Sinha, Principal Gulmohar High school invited Sainy Priya as chief guest on Panel discussion with them PEACE NOW & FOREVER, where groups of parents students, teachers came together to understand significance of PEACE in life.

### Roller Coaster of Education A Perspective for Heads of schools

Association of Schools for the Indian School Certificate (AISIC) invited Sainy Priya to address Heads of schools on 6<sup>th</sup> June 2015 on the occasion of 17<sup>th</sup> AISIC Regional conference at Pataya, Thailand.

"Mrs. Priya conducted a lively session which held the 110 delegates spellbound. Her interactive approach made the session vibrant with all round participation. All delegates praised her for her excellent oratory skills and depth of knowledge".

**Nasreen De, Secretary AISIC, WBC**

what you spoke is extremely relevant to today's content and was thought provoking as well as very practical. I sincerely wish Heads give it a try in their schools. Well done Sainy, keep up the good work". **Mr. Jerry Mathison, Chief Executive AISIC.**



### Advisory Council Meet Sunbeam Group - Varanasi



A thick tank of eminent dignitaries from all walks of life gathered at bank of Ganges to set path for the next phase of Sunbeam group of schools. Sainy Priya emphasized the core team of educators and leaders on critical importance of EMOTIONAL WELLNESS in schools.

She shared the panel with Deepak Madhock Chairman Sunbeam group, Ms. Geeta Chaudhary eminent Bharatnagar director, Dr. G. Balasubramanian Ex CBSE Director, Shri. Sajjan Mishra Chayal singer from Banaras Ghazana, Dr. Anurita Das, Director ICS, Mr. John Marone.



### Lions Calcutta Greater Vidya Mandir Moving from Strength to Strength



LION J Preston First International President, inaugurated the annex building of Lions Calcutta Greater Vidya Mandir. Mrs. Sainy Priya consultant & advisor was felicitated with a plaque & citation expressing gratitude for her relentless service to the project for last two years. She has contributed to bringing up the school from 176 students to today 1900 students with affiliated status.

### Defying Gravity - Leadership Conclave by Educational Influencers MENTOR



On 6<sup>th</sup> Dec 2014, Sainy Priya shared class with Ms. Meeta Nain, Principal Birla High Boys, Ms. Anjana Saha, Principal Marudwari Girls City Centre, Siliguri, to promote thought leadership in education. Attended by several educators. Head Mr. Sankar DICI in a panel discussion on Discipline in schools. A very interactive on the floor discussion where over 40 Model of discipline was highly appreciated by 70 delegates from school managements.

### Transformational Leadership Leader vs Manager Balancing People and Task



In August 2014, a Leadership seminar in association with the Calcutta Renaissance City Centre, Siliguri, to promote thought leadership in education. Attended by several principals it was appreciated for its practical approach and deep insight.

"Very refreshing to hear Sainy, she has her finger on the pulse of real school scenario. A great experience. Shree Thakur, Principal Durgajyoti Birla School Siliguri."





UMMEED

BCS Group Jamshepur (Jharkhand)

41 Participants from Educational set ups of Jamshepur

**Principal of**  
KERALA SAMAJAM MODEL SCHOOL,  
KERAS ENGLISH SCHOOL,  
GILLMOHUR HIGH SCHOOL,  
KASHI HIGH SCHOOL,  
**Teachers of**  
SACRED HEART CONVENT SCHOOL,  
LITTLE FLOWERS SCHOOL,  
JAMSHEPUR PUBLIC SCHOOL, AWC  
JH TAKAPORE SCHOOL,  
RMS HIGH SCHOOL,  
KERALA PUBLIC SCHOOL, MANGO, KADMA, GANAHARIA,  
BIRMA MINES  
NML, KERALA PUBLIC SCHOOL,  
JUSCO SCHOOL, KADMA  
BARIDHI HIGH SCHOOL,  
TARAPPORE SCHOOL, AGRIKO  
VIDYABHARTI CHHIMAYA VIDYALAYA, TELCO  
HAMBURAM HANSRAL ENGLISH SCHOOL,  
JUSCO SCHOOL, SOUTH PARK

Competitors from Jeevan NGO



## BASIC COUNSELLING SKILLS FOR EDUCATORS TO ACT AS PASTORAL GUIDES

100 hour experiential training for Educators

to deal effectively with Adolescent issues!

### What is BCS??

As progressive educators today we cannot just be a friend, philosopher and guide specially when adolescent in our care are growing up in a not so safe world. Today's teens see more of what life has to offer - both good and bad - on television, at school, in magazines and on the internet. Unrealistic academic, social, or family expectations can create a strong sense of rejection and can lead to deep disappointment. When things go wrong at school or at home, life is not fair or that things never go their way. They feel stressed out and confused.

Keeping this vision and mission in mind, UMMEED has taken up the initiative to spread awareness about adolescent issues and equip educators and people who care with basic counselling skills and attitude to deal effectively with the students on day to day basis. The comprehensive training emphasizes on following aspects:-

- ★ Basic counselling skills for teachers
- ★ A comprehensive list of warning signs in adolescents
- ★ Real case studies on major adolescent stations



- ★ Life skill training - a group counselling process for prevention and advocacy
  - ★ Scalloiding support with parents and school team
  - ★ Suicidal symptom, detection and prevention
- There was substantial emphasis upon discussions, real case studies, and experiential learning through role-plays, one to one supervisions and small group exercise.
- We were able to involve, teachers, counsellors & principals, so that they are able to respond to the situation & be a positive force to guide and steer. We are very honoured to have belief and interest of 240 care givers on 5 locations who are all set to be certified.

A GREAT CAPACITY BUILDING INITIATIVE!

Frank Anthony Public School,  
Kolkata (WB)



### SUNBEAM VARANASI (UP)



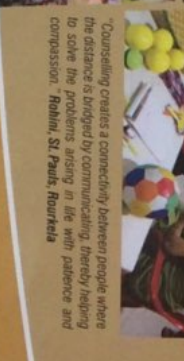
Thanked for providing this amazing opportunity to school teachers and principals to enhance their skills in dealing with adolescent issues. The training was very informative and helpful. We are grateful to the organizers for their efforts. This short term training has been a great experience for all of us. We will definitely use the skills and knowledge gained in our classrooms. We are looking forward to the next training session. We are grateful to the organizers for their efforts. This short term training has been a great experience for all of us. We will definitely use the skills and knowledge gained in our classrooms. We are looking forward to the next training session.



"Thanks for enlightening me. Thanks for creating a different view to see the students, persons and different relationships in a different perspective. The whole session of Pastoral Counselling changes me to rethink and re-build a different view for others in my life. Thanks for an for 'lightening my life in different way and changing the way'." - KRISHNA MISHRA, Sunbeam Bhawanpur, Varanasi

"The BCS sessions were very enriching and knowledge providing to me not as an individual but more as a human being because our society is in great need of good human beings. The learning has been transforming and I wish each teacher to get this training." - SHWETA, Sunbeam, Varanasi

### St. Paul's, St. Mary's & Carmel - Odisha BCS Rourkela



"Counselling creates a connectivity between people where the distance is bridged by communicating thereby helping to solve the problems arising in life with patience and compassion. Rohini, St. Paul's, Rourkela

Ms. Ruchi Narendran and Mr. Brahasara, Vice President Corporate relations Tata steel, release a Basic Counselling skill Manual designed by UMMEED on 3rd May 2014. An initiative by Tata steel and Asha Jyoti of Sacred Heart convent in association with UMMEED to build capacity of educators, psychologists and counsellors in the city to create a support group to deal with adolescent distress. Mrs. Shary Priya started the 100 hour experiential learning program with 42 participants.

### HOLY CROSS Agartala

"The sessions, have been enjoyable and informative. It is helping us to look a little deeper into the feelings of the adolescent while lending a helpful hand, would like to thank the UMMEED team for their help and Shary for making it possible".  
Tapash Coordinator Holy Cross Agartala







"It was truly inspirational and motivating. It will definitely help us to connect to our students especially the weaker ones. We will now change our perspective and have a positive approach not only towards our students but towards ourselves. I will carry home a simple but a complex and a more responsible thought that we as teachers are not here to make the children literate but to educate them and help them to learn about values, morals, positivity and other life skills." - Mrs Sharvani Karshika, teacher, Indian School Muscat

## Birla Public School, Doha



"I learned about the three Rs: Respect, Responsibility and Resilience. Also I have understood that respectability is not to be feared though discipline but understanding." - Aamir Akbar

## Saty SHIKSHA Kendra, CSR Project of TATA Motors



TEACHERS as a Counselor - Participating schools were, AMPP Bhubaneswar, Samantapala Uchala, Vidyapeetha MEVU Laxminagar, Vidyapeetha Vidyapeetha, Gopalabandha Vidyapeetha, SSM High School, Koda, PMC Tuguepang, PMC Durgam, PMC Bagdola

Teachers of Abarkhand Board school empowered to understand the importance of change management, proactive class management, understanding various behavioral issues in classroom situation, practical strategies to motivate students and understand parental attitudes.

"I am highly pleased and influenced having about the workshop programme and hope that this program should be done every year to develop our mind."

S.C. Nayak, G.V.P School  
"We heard that we should develop the attitude to learn."

- Miss Manita Kumar, V.D.V Bhubaneswar

Don Bosco, Agartala

St Josephs, Kharasapur

# EMPOWERING



"The important thing is not so much that every child should be taught, as that, every child"

- John Lubbock

## DPS, Ranchi



## KV Ishapore



Regional Teachers' Orientation

## Sanskriti Gurukul, Guwahati



Multiple Intelligence Framework for Building A Caring Classroom

"I helped me to understand that students are multi-talented. They are a combination of intellectual I found out new ways of handling students who are multi-talented. It helped me recognize the importance of abilities of children and recognizing them."

- Syed Maana Hossain

"It will help me to make my class more disciplined and less chaotic, more effective, more innovative class. It will help me to understand children with different aptitudes and abilities." - Manisha Khandu Ghose

"The workshop has really helped us to understand the actual meaning of M.I. It has also helped us understanding positive classroom management. It will help us in our classroom teaching."

- Anika Choudhury

St Thomas Church School, Howrah

St Thomas Knidderpore, Kolkata

# EDUCATORS

"Care to the students, understanding the need of an adolescent, appreciation always bring positive outcomes."

Several problems were discussed which are often come across but we look forward for training ourselves to deal with the future generation" - S Das, teacher, St Thomas Boys School, Kurseong

## Dav Model School, Durgapur



DISCIPLINE BY DESIGN Alternatives to conventional discipline

## Royal Global School, Guwahati



Multiple Intelligence for Smart Classroom was an interactive session for teachers in the school.

Adolescent Spectrum Understanding Challenges and Building Student Centric Systems. Session for middle and senior school teachers.

"This session helped me change my outlook towards students in a positive way and gave a different outlook. It will assist me in handling the class more effectively."

- Merinabhi Rajhwar

"I learnt a lot of things which were very necessary as a secondary teacher, as I keep dealing with adolescent children."

- Dr. Sasibhargava Barshail

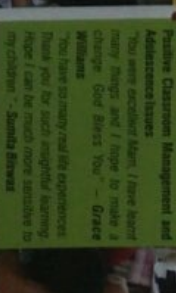
"This workshop helped teachers to handle their students, understand their learning and solve the problems efficiently. It helped teachers to develop their teaching skills and techniques."

- Santanu Ro. Saha

## Indian School, Muscat



## Loreto, Entally



Positive Classroom Management and Adolescence Issues

"You were excellent Ma'am, I have heard many things and I hope to make a change. God Bless You."

- Grace Williams

"You have so many real life experiences. Thank you for such insightful learning. Hope I can be much more sensitive to my children."

- Samita Bhavari

St. Anthony's School

St. Anthony, Kurseong

Kerala Public Schools



Foundation School

Understanding the Change in Teaching/Learning Process and Positive Discipline Techniques in the classroom

"Insight developed opening mind towards changes, thinking about possible solutions and keep evolving with positive attitude and patience. The resource person is an experienced person."

- Karishma

St. Anthony's School

St. Anthony, Kurseong

Kerala Public Schools









## Bhawanipur Gujarat Education Society School, Kolkata



Umneed began its interventions in the BGES school in 2012, with a group of teachers and students. The focus was on Sexual Education. Thereafter, our association with BGES has initiated Umneed Counsellors training educators to become life skill trainers.

In 2014-15, we have devised a need based whole school intervention – carefully deciding on relevant age appropriate topics for each class, starting from class-I to class-X. For the junior classes, the main focus has been to instill awareness regarding their own bodies, good touch/bad touch, personal and social space, classroom discipline, Peer teasing and bullying, self-esteem and gender sensitivity. This has been the focus for the school.

## Frank Anthony, Public School, Kolkata



Enabling and empowering students, teachers and parents at Frank Anthony school for last four years, Umneed is privileged to see a proactive environment which responds and does not react to student issues. In our 4<sup>th</sup> year of partnership with the Frank Anthony School, Kolkata, Umneed has reached out to 500 students through group counselling sessions and more than 80 students have availed for one to one counselling to enhance their relationships, study skills and resolve several issues. Teachers and parents have been taking an equally participative role in the process. In October 2014, we have been able to commence training for the second batch of educators from the junior, middle and senior levels, for Pastoral Counselling. Counselling as a preventive, rather than corrective and punitive process, gained further recognition among the parent community at FAPS, more than 25 parents were keen to have their children referred for counselling on the Open House day, October 27<sup>th</sup>.

Umneed would like to extend their sincere gratitude to the Principal, Mr. Meers whose unfinching support and belief in counselling as a skill and in our philosophy of Enabling youth through guidance and counselling to prevent rather than cure has been a pillar of strength to this endeavour. - Spina Paronech, Head School Projects, Umneed

## UMNEED PARTNER SCHOOLS

Year long Enabling, Empowering, Educators, Parents & Students  
Umneed connects to all stakeholders of the schools

## Hariyana Vidya Mandir, Kolkata



Hariyana Vidya Mandir has been a partner school since 2013. What is the most encouraging development in our partnership with this school is to see the number of students who self-refer themselves for individual counselling. Frequent interactive classroom sessions have helped the students to break the myths associated with counselling and use this platform for self awareness and building personal efficacy.

## Lions School



Permanent Admission Celebrations at LGSM, 22nd Feb '14

## St. Mary's Orphanage & Day School, Dum Dum



In the Academic year 2014-15 are interventions in St. Mary's School was to empower adolescents on relevant issues such as - Gender roles, Gender Sensitivity, Dealing with Examination Anxiety and setting SMART goals.



"From this session I learnt how to set our goals of life, to boost my self esteem, know my weakness, strength and what I am." - NIKHIL AGARWAL, IXA

"There were many things to learn during this mesmerizing session. The thing which deeply touched me is diversity is important." - Anshu Agarwal, IXB

## The Heritage School, Kolkata



The POSITIVE PARENTING sessions at The Heritage school have been a change catalyst and attended in large numbers, detecting desire in parents to do things right. The year round Adolescent counselling group sessions have taken up contemporary topics as Gender sensitivity, distraction or design, interpersonal relationships, carving a path for young adults to find their way.

Multiple Intelligence and Emotional Intelligence, Cognitive Developmental Milestones were some topics shared with educators at Heritage as a continuous process of their learning to understand children in their care.

## DPS NUMALIGARH, ASSAM

Whole school intervention focused on working with the educators on the School Scenario is Changing & the Role of the Educators in this Changing Scenario. Ways of interaction with children on first day of school and the importance of parent-teacher interaction and parent-teacher cooperation. The educators also gained insight on how different teaching methods in schools lead to individual & social well-being of children. Students of Senior classes were reached out to through Group Counselling Sessions on Study Skills and Time Management.



Spina Paronech, Psychologist & Head of School Projects at Umneed and associated as a School Counsellor at Frank Anthony Public School, Kolkata, and Bhawanipur Gujarat Education Society School. "With youth outreach as one of our major intervention areas, Educational Institutions become our natural partners. As we move on to our 5th year, Umneed has grown with its partner schools, who stand united with us in our endeavour to enable and empower students through a progressive schooling system."





## ANARPATI LIONS CITIZEN PUBLIC SCHOOL - SILIGURI



**ANARPATI Lions Citizen Public School** is a signature Educational project of members of Lions Club of Siliguri. It is the first school in the area to provide quality education to students at an affordable cost. Since the school has made it to the first year of its existence, catering to students coming from humble backgrounds.

The committed members have been holding a firm foundation and I am delighted to add value to the project as their advisor and constant support. I give me immense satisfaction to have a dedicated team of teachers who are willing to learn, open to innovative ideas and the parents are highly satisfied with the personal care given to their wards. The school has just begun, but it is a good beginning and I wish them great things ahead!

## Shree Klemka International School

An English Medium Co – Educational School situated in Buhana, Dist. Jharkhand, Rajasthan. A unique effort by Klemka Group to establish an educational institution in the most remote area. Salony Phya as an educational consultant has been an advisor to the school to set up academic standards, guidelines for teaching pedagogy as well as in systems for making the school a model school in the area. Interacting with parents, teachers and the people in the area gives us immense satisfaction as the school would be an agent of social change catering to children of farmers, army men etc.



# YEAR ROUND EDUCATIONAL CONSULTANCY PROJECTS

Educational Projects Enabled with Consulting Services

## SANASKAR VALLEY SCHOOL - BHOPAL



This workshop has highlighted how to show mutual respect among the teachers as well as with our kids, how to keep classes lively and help the children whenever they need us. Thanks to share such a wonderful session. It's worthwhile and a wonderful session. **Prabha Mehta, Teacher Sanaskar Valley**

"Involving, listening, understanding and responding instead of reacting. It was highly relevant and amazingly conducted workshop. **by Salony Mann – Hina Kowal.**

Connecting to teens – hand holding with parents on critical issues that need to be addressed, during the teen transition period. **Class X students – Life skill session on handling examination stress.**



## ST. PAULS SCHOOL - ROURKELA



"This session helped me learn many things about my behavior, relationship and interaction with others. The program focused to assure big, believe in yourself and have self confidence then nothing in the world is unachievable". **Rohit Kumar Eka**





Students' Day Celebrations at Astoria Middle School



