



UMMEED

ISSUE | JANUARY-DECEMBER 2019

**CREATING POSSIBILITIES,
BUILDING EMPOWERED COMMUNITIES**

FROM 2010 TO 2020



**MENTAL
WELL BEING**



**POSITIVE
PSYCHOLOGY**



**CAPACITY
BUILDING**

Ummeed, hopes & aspirations **TEN Years**, many steady step forward with conviction and faith. As we compile our ten years of diverse reach out, its so satisfying to see how a hand that started with genuine supports has multiplied into being a tree of different hands connected with a common cause, believers who are creating possibilities everywhere. Each letter of congratulation, has echoed in my ears, reminding the challenges and the triumphs, breaking myths and paving apath. Thank you dear patrons, principals, Directors, Entrepreneurs, Social workers and friends for making **UMMEED** a reality, one of its kind of start up of psychological services offering solace and solutions by belief **HOPE CAN HEAL**

Enjoying every moment of this journey and looking forward to many more years of enabling, empowering and energizing people, communities and build a society that believes in being humane. We have many more milestones to achieve

Let 2020, this decade give us more opportunity to Do more, Feel more and Be More

Salony Priya



LIONS INTERNATIONAL

awarded to Ms. Salony Priya in appreciation of her 15 years of contribution to Lions Educational project for her strategic planning and mentoring that has established vision and systems of Lions Calcutta Greater Vidya Mandir, today an affiliated ISC school.



NATION BUILDER

AWARD 2019 by Rotary International presented to Ms. Salony Priya, Founder director of Ummeed for resolute dedication towards the progress and assistance of education for children and adolescent.



STRESS DIVAS 2016 presented to honour Salony Priya for her dedication to the development and well being of under privileged children and empowerment of women. This award was presented by **OPEN ARMS EDUCATIONAL AND CHARITABLE TRUST**.



Ms. Salony Priya, awarded as the Women Entrepreneur of the year 2019 by **Business Connect** for her excellent contribution in the society through her brainchild **UMMEED** a multi speciality Positive Life centre

www.businessconnectindia.in

RNI No. DELENG/2018/76695

Business Connect

Vol-2 | Special Edition | November 2019 | 299/-

INSPIRING BUSINESS COMMUNITY

WOMEN ENTREPRENEUR OF THE YEAR 2019

UMMEED
Counselling & Consulting Services

SALONY PRIYA

A GREAT SOUL WORKING FOR THE SOCIETAL CAUSE THROUGH UMMEED

Vikas Jha | Business Connect

Hillary Clinton, appreciating the enormous hidden talent of women race, said,

"Women are the largest untapped reservoir of talent in the world."

Nobody can undermine the potential of women as they exude it in the form of some phenomenal contribution in art, literature, music, Science, or business. Youth, Business! Propelling with a manorith magnitude of energies and creativity in the entrepreneurial realm, female entrepreneurs have engrained their names in golden words because of their gigantic and splendid works. One such shaper of empathy and incredible talent is Salony Priya whose contribution towards society is unmatched. Ummeed is Salony's creation that works for the cause of society profoundly.

THE ENTREPRENEURIAL DISCUSSION

Salony Priya, the magnate, is a renowned counselling, psychologist working in the area of Education Management, Human Development & Training, student & teacher empowerment, parental guidance & comprehensive counselling for nearly 21 years, and her interventions have reached out to several educational institutions, corporate and social organizations. She is the founder and director of Ummeed Counselling & Consulting services-a multispecialty positive psychology institution-based in Calcutta where she empowers, enables and energizes populace with therapies, workshops training and individualized sessions. Salony Priya is also a Trustee of UMMEED FOUNDATION- an organization that works for underprivileged children in the field of Mental Health.

SALONY PRIYA | Founder & Director

Coming from a simple and rooted joint family, Salony is quite attached to her values, which made her aware of people and their impact on our personalities and our life. Empathy, strong faith, and non-judgmental approach for understanding people and relationships, were nurtured in her by her granny.

She was a rank holder in Science till class twelfth. The entrepreneur's journey took a major turn when she opted for B.A. not B.Sc. or Engineering. She states, "One of the choices that set the path for me to be an entrepreneur today, as it was a risk I took, which is needed to assert myself against the norm. Thus, psychology became a subject of interest then a belief then a means to serve and provide possibilities to communities, families and individuals and today it's my passion, not just profession. This drives me and gives me the best experiences to experience, making a difference to organizations and educational institutions with the use of Positive psychology."

www.businessconnectindia.in | Vol-2 | Special Edition | November 2019 | 299/-

Business Connect

Multiple interactions with young adults through the platforms provided by Ummeed has eminently broadened the horizon of my understanding and experience. First hand interaction with the youth from various colleges has given me a more practical understanding of the challenges faced by them and at the same time given me an opportunity to provide a means to an end, so as to say, narrowing the gap between difficulties and professional assistance. Ease of accessibility of us professionals at various colleges has given an opportunity to these young adults to come forward with their doubt sand concerns. As a result, we were able to break the myths surrounding counselling and mental health among these individuals as well as explain the importance of mental well being and inculcate a sense of positive psychology amongst the youth. Bringing positive psychology in the forefront, we have tried to foster a feeling of happiness and well being with these youth. By doing so, we hope to bring meaning and purpose in the lives of individuals and society at large.

Nikita Jalan

Clinical Psychologist



"UMMEED" " is a journey of hope and self fulfillment. We, the team Ummeed, under the guidance of our visionary Founder-Director, have embarked on this journey since the last 10 years.

We are not merely an organization but a art of a movement, in the society which is steering the community to self empowerment and creating positive thinking enablers.

Ummeed started as an organization with a focus on educators and students for fulfilling the role of counselors and guidance providers. From that stance, it has grown into a well established institution of training, consultancy, awareness spreading and ofcourse, positive psychological counselling, among young and adults alike. Ummeed has spread over the whole country and even abroad, like Bangladesh, Nepal and the Gulf.

Our organization shares the knowledge of its professional members with teachers, parents, students....especially adolescents, NGO workers, corporates, and general population at large. We have been successful in training through workshops, classroom interaction with children, training teachers, care givers and one to one counseling and group guidance in various psychological issues, the awareness of which have benefitted society at large.

Let us , all stake holders of Ummeed, wish ourselves a great success in years ahead.

Anasuya Dasgupta

Senior Consultant, Counseling and Therapy



Ummeed has not only been a source of hope and support to the multitude of individuals and families needing positive psychology interventions, but it has also been a platform for many mental health professionals to enhance their skills through hands on exposure to the application of psychology in various fields. For the last decade, Ummeed has grown from a nascent organization to a name synonymous with mental well-being. Under Salony mam's unique vision and able guidance, Ummeed has been able to achieve new heights every year. I will always remember my time in Ummeed with fondness. On the 10th birthday, I wish Ummeed much success.... May it continue to enable and empower individuals and transform lives for many more decades to come.--

Spriha Patranobis

Head of Counseling



Positive Psychology Creating possibilities - A perspective !

Psychology as a profession helps in changing one's outlook to view everyday life situations in a better and more understandable manner. Psychology allows us to deal with situations, deal with self and others, build relationships and develop skills by conscious choice. As I work very closely with children age group 2 years plus to 22 years, this millennium youth has been very demanding and confusing to parents as well as educators. Raising children who are happy, healthy, knowledgeable and morally good is the ultimate goal of all parents and educators and a prerequisite for civilized society and functioning communities. Although specific definition of health, happiness and good character may vary across time, place and culture their importance for personal as well as social well being cannot be debated upon.

**Article in Psycholog Magazine,
June 2019 edition.**





Fr. David Vincent

Director & Secretary Jamshedpur
Diocesan Education Society

10 years milestone

Good wishes to Ummeed Team



'Ummeed', a Non-Profit Organization over the ten years has spread the joy of life and has remained a ray of hope to many, especially to the underprivileged in the society.

As it completes ten wonderful years of service, I congratulate Mrs. Saloni Priya and her associates for empowering the students, youth, teachers, men and women of the society through various trainings, workshops and very practical guidelines to make someone very much wanted in the society. Madam and the team has conducted various workshops and counselling sessions to our schools. The participants (Teachers, Parents and the Students) have profited a lot and are very much making use of the tips and the lessons in their practical life.

A vehicle is as good as the driver who steers it. Mrs. Saloni Priya through her various workshops and psychological approach remain a source of inspiration not only to the collaborators of Ummeed but also to everyone whomever she comes in contacts with.

Jamshedpur Diocesan Education Society is proud to be associated with Ummeed and to contribute to the nation building by empowering the youth (people of tomorrow).

I am happy to learn that UMMEED is completing ten years of inception. It's a remarkable journey for the centre. It's an initiative, started with small steps but carefully nurtured by Mrs. Saloni Priya, that has grown into a full-fledged centre catering to needs of schools all over the country. UMMEED has created a support system that addresses important concerns in schools today as children need more care, teachers want better techniques in classrooms and parents look for guidance in parenting. The interventions made by this centre in schools, by training teachers, addressing parents and conducting sessions for students, have made the stakeholders in education to become aware of their role and live in positive atmosphere. I take this opportunity to congratulate and appreciate the initiatives of UMMEED and pray for God's blessing on the entire team of Mrs. Saloni for a great future.



Fr. Joseph

Principal, St. Paul's School
Rourkela, Odisha

Thank you for being associated with Sunbeam Group of Educational Institutions, Varanasi

Thank you for taking the time to train our teachers and Caregivers over the last few years. They have learned so much from the wonderfully designed, thought provoking and very useful training sessions and multiple assessments.

We are so appreciative of not only the way you have taken us under your wings but your generosity with your time and resources. We have more than 300 teachers and caregivers who are certified pastoral guides / first hand counsellors from Ummeed Foundation and this has enhanced the happiness quotient of the institutions and taken it to another level. Thanks to your training, Sunbeam Schools have in built systems that have evolved dynamic, multifaceted support systems that caters to the emotional needs of every child in our institutions.

Ummeed Foundation is an excellent vision, and we appreciate Ms. Saloni Priya personally taking time to provide us with timely information and the best practices. The positive responses to the session every time she is here are a reflection of the acceptance and credibility within the institution.

Once again, thank you for making the endeavor of making each teacher understand the needs of children in our campus and making our schools and hostels 'Happy Schools and Hostels'.

We appreciate your continued support and hope that you will continue to touch lives in your own special way and continue to provide UMMEED of happiness and showing it to everyone around.

Sincerely,

Dr. Deepak Madhok and Bharti Madhok

Chairman and Director
Sunbeam Group of Educational Institutions, Varanasi

Wishing you all the best
always in your hard and
diligent work . You have
created Ummeed
and reaching out to
society spreading
awareness and ensuring
community well being.

A visionary with determination, dedication, passion and motivation best describes Ms Saloni Priya .My association with Ms Saloni Priya and Ummeed has been long and incredible. From a professional association it has grown into a beautiful relationship of camaraderie mainly because of the common goals that we share. I appreciate the good work that Ms Priya and her team in **UMMEED** is doing in the field of Counseling. I would like to congratulate **UMMEED** and its philanthropic approach, and Ms Saloni Priya on completing extremely fruitful 10 years. Ms Priya's contribution in making GD Goenka Public School, Siliguri a truly progressive school has been phenomenal. Her sessions with our students and teachers have been extremely insightful and helpful. I thank her for equipping us with tools and strategies which will help us in our endeavour to provide responsible education to young people who will, in turn, evolve into socially conscious individuals. "Walk on with hope in your heart, and you'll never walk alone". 'Ummeed' as the name says ray of hope is actually one ray of hope. I wish **UMMEED** success as they march ahead and touch millions of hearts with a ray of hope.



Ms. Sonika Agnihotri.

Principal, G. D. Goenka Siliguri

"Congratulations on 10th Year.

Its a great association with Ms Saloni Priya, since we started The Heritage School, in 2001. We were amongst the few schools which realised the need for counselling, and were extremely happy to have developed a relationship, as we both had a common belief.

with best wishes"
Regards,

Jaydeep Chitlangia

Member Kalyan Bharti Trust, MD Bharat Papers



Mrs. Saloni Priya along with her team at Ummeed have been successfully engaging with all stakeholders including, teachers, students and parents in our bid to spread empathy, understanding and sensitivity required to deal with child-centric issues at South Point School and High School. I wish their entire team the very best on the occasion of 10 years of Ummeed.



Krishna Damani

Trustee, South Point Education Society

Congrats Ummeed and its founder Mrs. Salony Priya

You have completed a decade of service in the field of education, moving and motivating the minds and hearts many thousand students and parents. It is the hard work and dedication, honesty and integrity, confidence and self determination with which Mrs. Salony Priya has taken this institute to a height of pinnacle from where the students can fly high to achieve their desired goals. Ummeed will be able to achieve success in all the phases only by retaining the vision and mission envisaged by its founder Mrs. Salony Priya. 21st century is the century of education. This century of education belong to the best and the intelligent people and Ummeed prepares and presents students to this world. Every relationship thrives on memories those involved in creating it. My memories include the first time I met Mrs. Salony Priya in Guwahati at DBI in the year 2012 and since we are growing in supporting and assisting each other in the field of educating the mind and heart. Her involvement in our Holy Cross School at Agartla, was profoundly impressive and educative for our students and teachers. One of the best memories of her is not just the magic of her first seminar for the students but the magic she created every time she animated sessions for parents and teachers as well. Through the good times and the bad Ummeed has withstood the true test of time, every year growing and shining in our country INDIA. Happy Anniversary Ummeed and Gods' Blessings.



I have known Salony since she set foot in the realm of psychological counseling. In fact St.Thomas' Boys' school was the first school where she did a leadership workshop for our senior students. I am very proud to see how she has progressed and to see the wonderful things she is accomplishing through Ummeed. I wish her and her team of psychologists and counsellors every success in their endeavours. It is an honour to be associated with such dedicated professionals.



Lorraine Mirza
Advisor Pailan world school

Fr. Kanikkai Jeyraj Csc

Our association with **Ummeed** over the past almost 14 years has been an exciting and enriching experience for us due to its dynamic and charming director Mrs Salony Priya.

The great work that Salony and her team has been doing by acting as a beacon of light and creating **UMMEED** in the lives of both young and old is exemplary. Her workshops are sensitively and creatively designed and full of practicality and it is no wonder that she is the most sought after resource person all over the country.

Blessed with tremendous energy and a passion towards her profession, she has been able to turn several lives around.

An 'audio visual impact', Salony is a great teacher and a dear friend. She has readily and willingly contributed whenever I have sought suggestions from her in areas of school function or care of children.

My immense compliments to Salony and her team at Ummeed for the milestone that they have achieved. May the Almighty shower them with blessings to enable them to continue rendering service to society.



Nandini Shukla

Principal, Kerala Samajam Model School, Jamshedpur



Salony Priya founded **UMMEED** with a mission to enable, empower and energize the people of Kolkata to lead a stress free, healthy and happy life.

Sushila Birla Girls School has been associated with Salony Priya for over two decades now and shares a very special relationship with her. Over the years we have benefitted from her compassion and her commitment to mental health. She has conducted numerous awareness and training sessions in our school and has always been available when we required her help.

We were delighted when Salony started Ummeed and have seen Ummeed grow from strength to strength under her able mentoring.

We wish Salony Priya and Ummeed all success in the days to come.

Sharmila Bose

Sushila Birla Girls' School

Congratulations to Ummeed and Salony Priya ji for untiringly dedicating 10 fruitful and long years for providing solace, clarity of vision and empowering students, teachers and educational leaders in this fast changing techno savvy world where all information is available at a click. The discretion to use/not to use and how to further handle the victims becomes clear due to your guidance and experience. GOD bless Ummeed.



Manoj Kothekar
Principal Satya Sai School Guna MP



Ummeed, under the guidance of its charismatic leader Saloni Priya is silently doing a remarkable job with the student community.

As a large coeducational school, we have regularly turned to Ummeed for our various training needs for teachers and students. Salony's practical, down to earth approach drives home the point perfectly and at the same time makes her acceptable to the group. Our teachers, parents and students have benefited immensely from her workshops and look forward to them eagerly.

I wish Ummeed gets better and better in their field of expertise, for in the complex times that we are living in, we will need them even more.

My best wishes to team Ummeed.

Mitra Sinha Roy

Principal, Adamas international

Please accept our heartiest Congratulations on completion of 10 years of Ummeed! As the name implies, you and your highly capable team members have continuously provided hope and positivity to our children in dealing with their academic and emotional setbacks. As Ek Prayaas is committed towards empowering children of economically weaker section of our society through Education, Ummeed empowers them to overcome their fears, insecurities and various other day to day challenges. Your weekly Counseling sessions, through past many years has immensely benefitted not only our children, but their parents as well, to sensitize them towards the physical and emotional needs of their children and towards the betterment of home environment for their proper growth and development.

The periodic teachers' works shop held by the experts from your team has greatly helped our school teachers, in improving classroom behaviour and in dealing with the various challenges they face with the children. The topics are always very relevant and greatly helpful. The life skills workshop for children, like "Aggression, Addictions and Abuse for the Millinium kid turns 16" and "Empowering young minds" for the younger children were truly unique in their concepts.

We take this opportunity to extend our heartfelt gratitude for your ongoing and continuous support towards our endeavour. Wishing you all the very best for the future and pray for Ummeed to accomplish greater feats. We look forward for a long and fruitful relationship with you, touching many more young lives.

Warm regards and best wishes,

Sima Jalan
For Ek Prayaas Educational Society



Ummeed All the best

Moving from strength to strength



UMMEED The Ray of Sustainable Hope

We, at Delhi Public School still cherish the sessions with Ms. Salony Priya, founder Director - **UMMEED**. We had garnered sound and pragmatic lessons on Effective Classroom Management, Counselling Students, Understanding adolescent psychological needs so on and so forth. The beauty of the sessions lay in the practical utility and feasibility. The team of teachers headed by the Principal, Ms. Deepanwita Das is grateful to Ms. Salony Priya for the comprehensible techniques to deal with behavioural issues of teenagers and to deal with the emotionally challenged students sensibly, yet sensitively. We are indebted Salony Madam for orienting us towards assuring and building the holistic wellness of our students.

We have experienced a constructive change not only in our approach towards the emotional challenges of our students and their parents but also to our own. We have adapted to the emerging needs of the educational scenario. The session with the parents of our students had a very fetching time. The Home School Link has been further strengthened and teaching in partnership with our students' parents has been very a joyous experience.

Kudos to Ms. Salony Priya and her worthy team to have enabled and energised us in turn, empowering us. We look forward to many session of learning experience from **UMMEED**.

Dipanwita Das
Principal, DPS Damanjodi



In our pursuit to Student welfare the College partnered with Ummeed to be the change in the lives of their students, to touch and transform since last 4 years.

The Counselors' at Ummeed have been helping our students reach their highest academic and personal potential. This may involve helping with personal, learning and career concerns and promoting success and wellness among them. They

provide a confidential atmosphere in which the students can explore any topic or situation and discuss any concerns they may have. The students are helped to work through their problems, to develop self-awareness and to overcome problems.

The Counselors' understand that being a child is no longer child's play. They help them to prepare for life ahead, as they understand the kind of pressures students are subjected to.

With the support of Team Ummeed, The Bhawanipur College is confident that we are not alone in this fight, and that they are with us and together we will help our students and build them as confident leaders of our Country.

Miraj D. Shah
Vice Chairman
The Bhawanipur Education Society College



In a fast changing social and family settings, the present day students find it very difficult to grow gracefully. Depression is a common word used by students and parents. I feel it is the responsibility of the education institutions to equip their teachers to handle the problems of students.

I have witnessed the empowering efforts of Mrs. Salony Priya in this field of counselling in Odisha and now in MP With sincere appreciation, I acknowledge efforts of **UMMEED** Counselling and Consultancy Centre in the field of counselling training for teachers. For last two years, I have arranged counselling programs with the help of **UMMEED**.

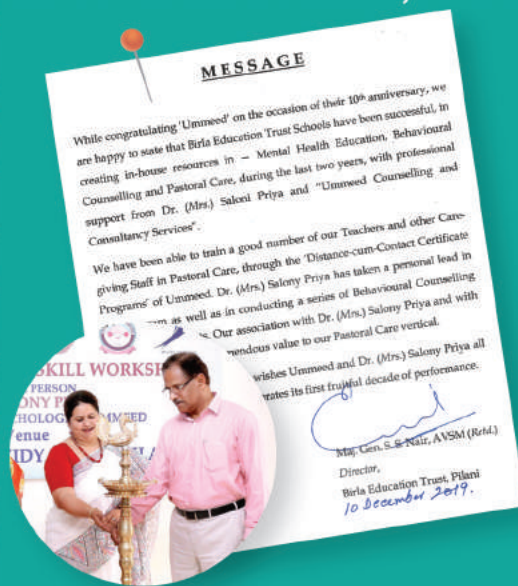
Many teachers take benefit from the program and they apply in their school situations.

I congratulate Salony Madam for her wonderful contributions.

I wish all the best and God's abundant blessings all through 2020.

Dr. Sr. Kripa Maria CMC
Councillor for Education Mt. Carmel Province Bhopal &
Principal Carmel Convent Sr. Sec School, Ratanpur, Bhopal

BIRLA EDUCATION TRUST, PILANI



The Frank Anthony Public School has been fortunate to have Ummeed as our partner in ensuring the overall well being of our students and staff. This partnership over the last 8 years has seen individual and group sensitization on crucial issues involving students. Counseling, workshops, seminars, teacher training programmes and positive intervention in school matters have been practised. Ummeed has to be thanked for making us aware of the needs of students staff and parents in areas beyond the classroom. We wish them success as they continue their mission of mental and emotional wellbeing in the school environment.



Mr. Myers
Principal, Frank Anthony Public School

It's my privilege to write about UMEED in the completion of its successful, eventful and glorious decade of significant existence in the field of education, specifically in shaping the child's mind. CPS family is deeply attached with UMEED since its very inception a decade ago. The journey of UMEED under the efficient and able guidance of Salony Ma'am is immensely praiseworthy. All stakeholders of CPS family are directly or indirectly benefitted by the services provided by UMEED. I on behalf of entire CPS Family pray to the almighty to shower his blissful blessings upon UMEED.



Samarendranath Das
Principal, Contai Public School

As an advisor Salony has been an integral member of the school managing committee for last 15 years, building child centric culture, progressive vision and contemporary systems in the school. Training teachers and building respect and responsibility for all stakeholders has been her constant endeavour.

Her eminent contribution has strengthened the school from affiliation to obtaining a strength of 2600 students is highly appreciated. We wish Salony and her organisation Ummeed all success and recommend them to educational institutions with great pride.



V.D. Jhunjhunwala
President Lion School Calcutta



UMMEED

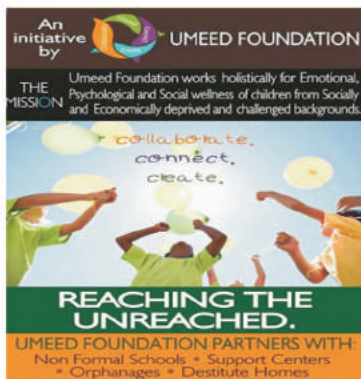
Counselling & Consulting Services



MILESTONES OF UMMEED JOURNEY...

7

Ummeed foundation-works with NGO, Non formal schools, support centers orphanages, destitute homes and reach out to the underprivileged children, first generation learners, children vulnerable to abuse.



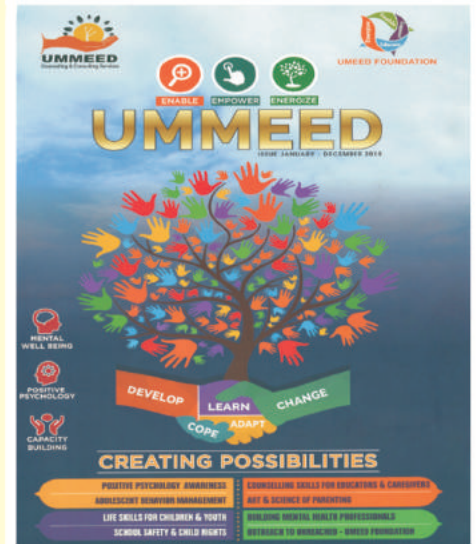
8

Higher Education
Mental Health Screening
Building Resilience in Youth



9

School Safety,
Prevention of Child Abuse
More than 100 Workshops
conducted to make schools safe.



4

Emotional Wellness
Raising EQ with schools,
colleges, and NGO's



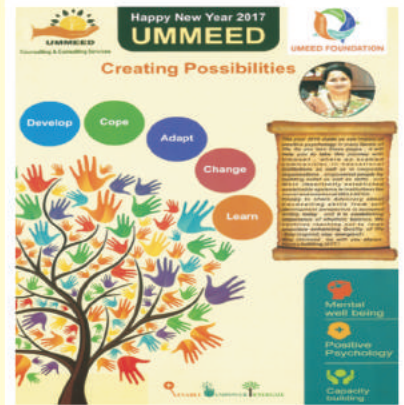
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Basic Counselling Skills
Caregivers and Educators
trained on Behaviour Management



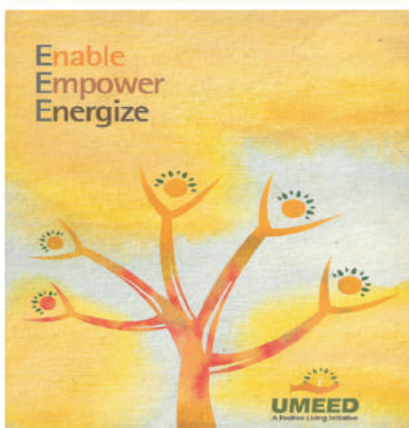
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Ummeed joins CSR
initiatives and reaches out for
Psychological services to NGO's,
Shelter Homes, and Alternate Schools



1

Ummeed
The First Positive Psychology
Centre in Kolkata.



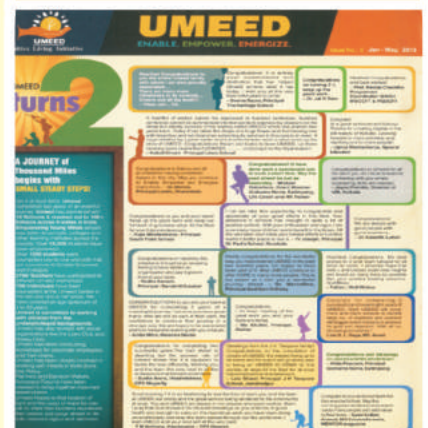
2

Ummeed builds a canopy
of need-based Life Skills
Workshops. Suicide Prevention
Campaign.



3

Ummeed team Empowers
Educators by Unique Psycho
education. More than 5000
teachers trained





PLAY THERAPY

COUNSELLING

INTERNSHIP

TRAINING

**ACADEMIC
DIFFICULTIES**



**ADJUSTMENT ISSUES &
RELATIONSHIP CONFLICTS**



**SPECIAL EDUCATION
SUPPORT**



**ATTENTION BUILDING &
MEMORY SKILLS**



**PLAY THERAPY
FOR CHILDREN**



**GUIDANCE &
COUNSELLING
SERVICES
OFFERED AT
UMMEED
FOR
CHILDREN, ADULTS
& FAMILY**



**STRESS
MANAGEMENT**



**CAREER GUIDANCE &
ABILITY ASSESSMENT**



**AGGRESSION MANAGEMENT
FOR CHILDREN & ADOLESCENT**



**ADDICTION MANAGEMENT
(SOCIAL MEDIA, GAMING, ETC.)**



**DEPRESSION
TREATMENT**



**MARITAL & PREMARITAL
COUPLE THERAPY**



FOR APPOINTMENT

**UMMEED COUNSELLING &
CONSULTING SERVICES**



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UMMEED FOUNDATION