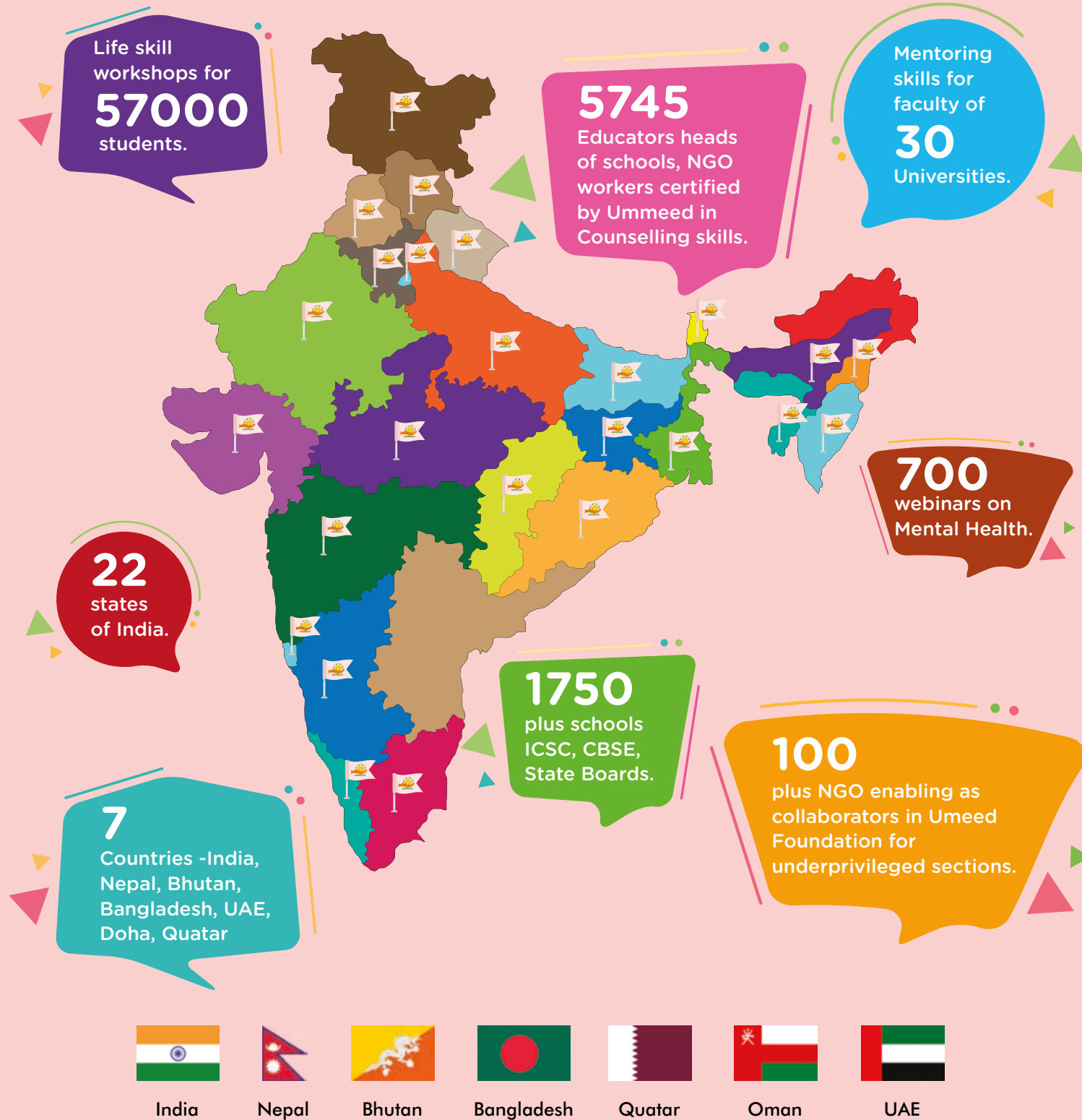


14 Years of Ummeed footprint in Counselling



UMMEED

JAN 2023 - DEC 2023



14TH YEAR OF POSITIVE PSYCHOLOGY ADVOCACY, TRAINING AND CONSULTING

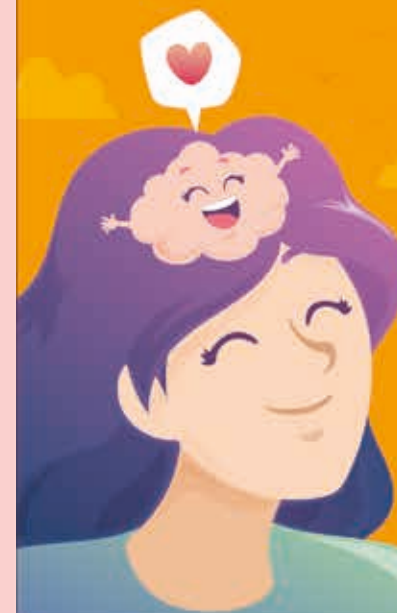


CREATING POSSIBILITIES



BUILDING SKILLS

MENTAL HEALTH AWARENESS AND TRAININGS



IQ-EQ-HQ Model for organisations and communities

LIFE SKILLS WORKSHOPS FOR YOUTH AND ADOLESCENTS IN UNIVERSITIES, COLLEGES AND SCHOOLS



Emotional and social well-being Integrated skills with syllabus

STRENGTH BASED COUNSELLING, TRAINING AND INTERVENTIONS



Whole school model, internships and supervision for budding counsellors

MANAGEMENT DEVELOPMENT PROGRAMMES (MDP) AND CAPACITY BUILDING FOR CORPORATES



Mentoring and coaching skills for managers



Divine Bliss, North Tower, 3rd Floor, Flat 3B,
2/3 Judges Court Road, Kolkata- 700027
98305 58900 | 87778 71110

salony@salonypriya.com SalonyUmmeed
www.ummeedindia.net | www.salonypriya.com
Ummeed Uploader Ummeed_india



Mental well being



Positive Psychology



Capacity building

FLAGSHIP PROGRAMMES

CERTIFIED COURSES
IN COUNSELLING THERAPY

PROMOTING
MENTAL HEALTH

CAPACITY BUILDING BY
INTERNSHIP IN PSYCHOLOGY,
SOCIOLOGY AND EDUCATION

PSYCHO EDUCATION
FOR TEACHERS - FACULTY
DEVELOPMENT PROGRAMME

EMOTIONAL INTELLIGENCE IN
CORPORATES

STRENGTH BASED
COUNSELLING

SPECIAL EDUCATION
INTERVENTIONS FOR ADHD, ASD,
& LEARNING DIFFICULTIES

MENTORING SKILLS
FOR UNIVERSITIES &
PROFESSIONAL INSTITUTES

EDUCATION CONSULTANCY
FOR HR SYSTEMS AND SCHOOL
LEADERSHIP

BUILDING LIFESKILLS
IN YOUTH

GENDER SENSIVITY WITH
CORPORATES

EMPOWERING PARENTS
TO BE PROACTIVE



Do more! Believe More ! Be More...
this has been the guiding principle of
Ummeed initiatives in year 2023.
Ummeed in last thirteen years has emerged
as a beacon of HOPE, Hope heals and builds
optimistic approach to Life!

Our aim is to stimulate and advocate more and more Good mental health practices in organizations and institutions with individuals and communities as our work of Coaching, Counselling and Mentoring are preventive and educative in nature. Over the last few years progress has been made across the world to improve understanding of Mind - body connect that determines mental health, understanding of mental health has now a much wider perspective. Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. It is an integral component of health and well-being that underpins our individual and collective abilities to make decisions, build relationships and shape the world we live in, and it is crucial to personal, community and socio-economic development. Ummeed believes in this positive, optimistic and building approach of life rather than curative.

With 24 years of experience and exposure in space of mental well being, I have experienced that throughout our lives, multiple individual, social and structural determinants may combine to protect or undermine our mental health and shift our position on the mental health continuum. Similarly protective factors occur throughout our lives that play instrumental role in strengthening our mental health. Ummeed focuses on developing these faculties each of our workshops are effort to train people from all walks of life to develop skills of gratitude, empathy and resilience .These develop our individual, social and emotional skills and attributes as well as ensure positive social interactions, satisfaction from work, create safe neighbourhoods and community cohesion.



In year 2023 more than 100 workshops were conducted across UP, Rajasthan, Bihar, Jharkhand, Jammu, Orissa, Chattisgarh, Assam, West Bengal for adolescents, children, educators, psychology students and NGO workers on these themes. Individual psychological and biological factors such as absence of emotional skills, substance use and genetics can make people more vulnerable to mental health problems.

The relationship between resilience and mental health has been a core of each of our workshops! People who are emotionally and mentally resilient have the tools for coping with difficult situations and maintaining a positive outlook. They remain focused, flexible, and productive, in bad times as well as good. Their resilience also makes them less afraid of new experiences or an uncertain future. Even when they don't immediately know how a problem will get resolved, they are hopeful that a solution will eventually be found. That is Hope ! Ummeed to carry onwith faith!

Ummeed conducted several seminars, trainings, workshops that have reached out far and wide:- When in universities and colleges we conducted sessions on various aspects of Life skills, the youth responded and realized the flexibility to learn new skills and adapt to change generates in them Self-confidence and high self-esteem. When in Corporates we conducted psycho-educational workshops people discovered, that 'A sense of contentment, A zest for living and the ability to laugh and have fun, builds the ability to deal with stress and bounce back from adversity. When we addressed communities on several service platforms, people discovered 'A sense of meaning and purpose, in both their life activities and their relationships is derived by learning how to cope and embrace change.

As another **200 educators** get certified to act as guidance counsellors in Mau, Ballia, Varanasi, Pili, Jammu, Patna we are elated to see the proactive responses to challenges we face with adolescents and children. These pastoral guides irrespective of being a history or a chemistry teacher, a sports coach or a class teacher are now equipped with strategies and knowledge to deal and guide, the Ummeed way. **We welcome 2024 with commitment to reach out 24 by 7 to more institutions and organizations; continue to build skills & create empowered communities that act as change agents to usher in an Era of Hope and Optimisim!**

"Hope lies in dreams, in imagination, and in the courage of those who dare to make dreams into reality"

Mrs. Salony Priya,
*Director, Ummeed Counselling
and Consulting Services*

AVENIR 2023 INDIAN SCHOOL, DARSAIT



"An excellent interactive discussion by salony mam kept all students and educators engaged. She truly gave Avenir vision meaning with her skill based approach."



"An excellent guidance to students Salony, pragmatic and strong message with clarity to make students make the most of the new world opportunities, my students did not want you to stop."
- Ms Papri Ghosh, Principal Indian School, Gubhra

Creating possibilities for 12,000 plus students across 21 schools of Oman.

Ms. Salony Priya addressed and emphasised on Building Emotional competencies along with hard skills as an emerging need in the market of Artificial Intelligence.



ST. KAREN'S GROUP OF SCHOOLS, PATNA

"My excellent educators are now more sensitive towards social and emotional wellbeing of their students, thank you Salony maam and Ummeed team for making this difference. Your deliberations and examples have motivated us"

- Mr. D Galstaun, Director, St. Karens Group of School



Basic Counselling skill certification of 35 educators of Second batch of St. Karens group of Schools.



"It gives a feel of joy and accomplishment to be trained by a person who has diverse skills and knowledge all round. This training has changed my perspective in regards to ideas, people and things."

- Soma Chatterjee, St. Karen's Secondary School

CONGREGATION OF THE MISSION- EDUCATIONAL LEADERSHIP SKILL

75 principal, Bursars and school administrators of De Pauls school of Orissa, Assam, Arunachal Pradesh, West Bengal, Manipur, Tripura were stimulated to understand leadership skills required in the new millennium. Mrs. Salony Priya shared the key concepts of balancing task and people skills and involve people in organizational development.



Father Mathew Provincial of De Paul group highly appreciated the training programme and found it to be applicable.



"An extremely engaging session full of vision action plan introspective aspects for leaders, thank you Salony Maam for inspiring us and setting targets for overall development."

-Father Subhashish, Principal De Paul School, Kolkata

DHK EDUSERVE ANNUAL CONFLUENCE OF SUNBEAM SCHOOL OF VARANASI, HELD AT SUNBEAM VARUNA.



More than 30 educators of core 6 School as Sunbeam Varuna, Sunbeam Lahartara, Sunbeam Suncity, Sunbeam Bhagwanpur, Sunbeam Annapurna, Sunbeam Sarnath were certified by Ummeed as teachers as pastotral guides and guidance counselors. They completed a 100 hours experiential learning programme on taking take of mental health of students in their care as per CBSE norm.



Ms. Bharti Madhok, Director, Sunbeam group of educational institution along with Ms. Amrita Burman, Deputy Director felicitated Ms. Salony Priya for conducting leadership and mentoring sessions for their heads of school.



Notre Dame Academy, Patliputra P.O., Patna - 800015, Bihar
Telephone: +91 9132302222 / 3277791, E-mail: nta@ndadepatna@gmail.com
Website: ndadepatna.org

School No.: 85008 Affiliation No.: 320008

Dear Mrs. Salony,
On behalf of the entire Notre Dame family I extend my heartfelt gratitude to you for enlightening us with your inspiring, awakening and insightful presentation. It was indeed interesting and informative.

You projected a very practical approach which really made all of us start rethinking about change. For most of us CQ is our choice for change, thanks to you. It was very stimulating workshop as you have touched upon the present day realities and found solutions for it. So teachers will be able to change their parameters and become more confident, resilient and ready to face facts with renewed vigor. It has also given the realization that change has to be made in ourselves our ways, our thinking, our attitude and our perspectives.

Though we have been aware of, you have opened our eyes to the emotional needs of children particularly adolescents, as they go through a developmental phase fraught with challenges. We feel enabled and empowered to face the changes and challenges and go on with correction and confidence. Truly your experience and expertise in training teachers motivated them to a new academic year filled with change and hope. Thank you for the real life experiences you shared. It was indeed very enriching.

Thank you we have accomplished much.
Sr. Neha, SND



SOUTH CITY INTERNATIONAL SCHOOL
22, Regent Road, New Delhi - 110022
Phone: +91 11 26101000, Fax: +91 11 26101001
Email: info@southcityschool.com, website: www.southcityschool.com

Dear Mrs. Salony,
This is to certify that Mrs. Salony Priya, had conducted a workshop for the teachers of St. Mary's School, Patna, Bihar, on the topic "Adolescent Behavior Management: A Practical Approach". The workshop was held on 27th April 2023, from 10:00 AM to 12:00 PM. The workshop was very informative and practical. It provided the teachers with a lot of practical tips and strategies to manage the behavior of adolescents. The workshop was a great success and we are grateful to Mrs. Salony for her contribution to the school community.

Yours faithfully,
Mrs. Salony Priya
Founder & Director, UMMEED Counselling & Consulting Services



St. Lawrence High School
A Jesuit Education Ministry Institution
27, Rajajoy Nagar, Chennai - 600044
Phone: +91 44 26101000, Fax: +91 44 26101001
Email: info@stlawrencehs.com, website: www.stlawrencehs.com

Dear Mrs. Salony,
This is to certify that Mrs. Salony Priya, had conducted a workshop for the teachers of St. Lawrence High School, Chennai, on the topic "Adolescent Behavior Management: A Practical Approach". The workshop was held on 27th April 2023, from 10:00 AM to 12:00 PM. The workshop was very informative and practical. It provided the teachers with a lot of practical tips and strategies to manage the behavior of adolescents. The workshop was a great success and we are grateful to Mrs. Salony for her contribution to the school community.

Yours faithfully,
Mrs. Salony Priya
Founder & Director, UMMEED Counselling & Consulting Services



De PAUL SCHOOL
204/1, P.O. Box 100, New Delhi - 110022
Phone: +91 11 26101000, Fax: +91 11 26101001
Email: info@depaulschool.com, website: www.depaulschool.com

Dear Madam Salony Priya,
I would like to express my sincere gratitude for the excellent talk you delivered during the leadership seminar for the principals. Your presentation was both insightful and inspiring, and I believe it had a significant impact on all those who attended.

Your expertise and experience in the field of leadership were evident throughout your presentation. You provided us with valuable insights into effective leadership practices, as well as practical tips for implementing them in our work. Your ability to engage the audience with your dynamic delivery style and relevant examples was truly remarkable.

I particularly appreciated your emphasis on the importance of empathy and communication in leadership. Your advice on how to foster a positive work culture and motivate team members was invaluable, and I am sure that many of us will be implementing these strategies in our own work.

Thank you once again for sharing your knowledge and expertise with us. Your contribution to the leadership seminar was truly outstanding, and I am confident that it will have a lasting impact on all those who attended.

Date: 26.04.2023
Fr. Subash Mandal
Principal



DOUGLAS MEMORIAL HIGHER SECONDARY SCHOOL, BARRACKPORE (CISCE)
ESTD-1984

Dear Mrs. Salony,
The workshop on Adolescent Behaviour Management which was organized at Douglas Memorial Higher Secondary School, Barrackpore is conducted with UMMEED, Counseling & Consulting Services, Kolkata, on 27th April 2023 was truly an eye opener, and a very enriching and informative. Your presentation on a Behaviour Profile made many concepts very clear and easy to understand.

Your teachers were alert and active through the 3 days workshop with a goal to design, develop and implement building up programmes around the upcoming changes in character traits of adolescents.

You spoke at length about the changing social norms, social and emotional development, coping strategies, and classroom approaches, and interpretation of children's behavior, and to stop labeling children and being judgemental.

Apart from the best school, there were schools like St. Augustine's Day School, Shyambagar, St. Mary's School, Kharai, St. Louis School, Central Model School and Newing Bell Academy, Shyambagar who actively participated in the workshop and found this discussion education and enriching.

Regards,
Mrs. Salony Priya
Principal
Douglas Memorial H.S. School, Barrackpore



JEWISH GIRLS' SCHOOL
22, Park Street, Kolkata - 700 016
Phone: +91 33 26101000, Fax: +91 33 26101001
Email: info@jewishgirls.org, website: www.jewishgirls.org

Dear Mrs. Salony,
This is to certify that Mrs. Salony Priya, had conducted a workshop for the teachers of Jewish Girls' School, Kolkata, on the topic "Adolescent Behavior Management: A Practical Approach". The workshop was held on 27th April 2023, from 10:00 AM to 12:00 PM. The workshop was very informative and practical. It provided the teachers with a lot of practical tips and strategies to manage the behavior of adolescents. The workshop was a great success and we are grateful to Mrs. Salony for her contribution to the school community.

Yours faithfully,
Mrs. Salony Priya
Founder & Director, UMMEED Counselling & Consulting Services

Ms. Salony Priya
Founder & Director
UMMEED Counselling & Consulting Services

Dated: 27.04.2023

Dear Ma'am,

We express our gratefulness for the wonderful workshop you facilitated for our Teachers, Students and Service Staff. Your knowledge, expertise and passion for our well-being were truly inspiring and we have gained valuable insight and practical tips that we can apply to our work. Our service staff were full of praise for your immensely valuable session on school safety. They would love to have another session with you in the near future.

We look forward to applying the knowledge and skills we gained from the workshop and we feel confident that it will have a positive impact on our personal and professional development. Thank you again for your time, expertise and dedication to helping others grow and learn.

With gratitude,
Shweta Tiwari
Principal
Birla Divya Jyoti
Sikuri



ST. FRANCIS SCHOOL
22, Park Street, Kolkata - 700 016
Phone: +91 33 26101000, Fax: +91 33 26101001
Email: info@stfrancis.org, website: www.stfrancis.org

Dear Mrs. Salony,
This is to certify that Mrs. Salony Priya, had conducted a workshop for the teachers of St. Francis School, Kolkata, on the topic "Adolescent Behavior Management: A Practical Approach". The workshop was held on 27th April 2023, from 10:00 AM to 12:00 PM. The workshop was very informative and practical. It provided the teachers with a lot of practical tips and strategies to manage the behavior of adolescents. The workshop was a great success and we are grateful to Mrs. Salony for her contribution to the school community.

Yours faithfully,
Mrs. Salony Priya
Founder & Director, UMMEED Counselling & Consulting Services

DON BOSCO ACADEMY
22, Park Street, Kolkata - 700 016
Phone: +91 33 26101000, Fax: +91 33 26101001
Email: info@donbosco.org, website: www.donbosco.org

TO WHOM IT MAY CONCERN

This is to state that Mrs. Salony Priya, Director, UMMEED Counselling & Consulting Services, has conducted a training session, a six month's certificate course, for our teachers on "Teachers As Counselors".

The training session was held with a view to the aspects of teaching in the present day, the basic counselling skills and counselling approaches, emotional development stages in adolescents, counselling self awareness, emotional, addiction (types and causes) counselling interventions, gadget and net addiction.

At the end of the session a Feedback on the course and action planning and assessment and viva voce was also done.

The program was thoroughly enjoyed by our teachers and they have appreciated the techniques and methodology involved with present day teaching.

With Best Wishes,
For Don Bosco Academy,
Principal
DON BOSCO ACADEMY
PATNA - 800 011
Name, the 6th of January, 2024

Sunbeam School, MAU
22, Park Street, Kolkata - 700 016
Phone: +91 33 26101000, Fax: +91 33 26101001
Email: info@sunbeam.org, website: www.sunbeam.org

Dear Mrs. Salony Ma'am,

I would like to express my sincere appreciation for the exemplary Basic Counselling Skills Training program for the teachers of Sunbeam School MAU. Your expertise and insightful guidance have significantly contributed to enhancing the skills of our teaching faculty.

The comprehensive training provided by you, as the founder director of UMMEED Counselling & Consulting Services, has not only equipped our teachers with essential counselling skills but has also provided a deeper understanding of the nuances involved in counselling our students. The sessions were not only informative but also engaging, creating a positive impact on our educators.

I would also like to express my gratitude to Mrs. Salony for her dedicated efforts and invaluable support throughout the training program. Her commitment to facilitating a productive learning environment has been commendable.

The insights gained from this program will undoubtedly contribute to the well-being and personal development of our students. Your commitment to empowering educators aligns perfectly with Sunbeam School MAU's mission to nurture holistic growth in our students.

Once again, thank you for your exceptional contribution to our school community. We look forward to future collaborations and continued growth under your guidance.

Warm regards,
Principal
Sunbeam School
Major, Mahabub Khan
Pratapnagar

ST. FRANCIS SCHOOL
22, Park Street, Kolkata - 700 016
Phone: +91 33 26101000, Fax: +91 33 26101001
Email: info@stfrancis.org, website: www.stfrancis.org

REF. No. STS/2023-24/12 Date: 02.05.2023

Dear Mrs. Salony Priya
Founder & Director, UMMEED Counselling & Consulting Services
Counselling Psychologist & Master Trainer

PROACTIVE APPROACH ON MANAGING ADOLESCENT BEHAVIOUR

With regard to managing students' socio-emotional adjustment in addition to their academic excellence, the UMMEED team, led by Ms. Salony Priya, offered a glimpse of hope to our teachers of St. Francis School in West Bengal. As a participant in the ongoing initiative, I must express my heartfelt gratitude to UMMEED. It was a truly enriching experience to address the concerns of St. Francis School in Kolkata, West Bengal, on 27th April 2023.

When I interacted with teachers, I discovered that they had good verbal skills and were confident in their abilities. However, they were not confident in their ability to manage the behavior of adolescents. The workshop provided them with a lot of practical tips and strategies to manage the behavior of adolescents. The workshop was a great success and we are grateful to Mrs. Salony for her contribution to the school community.

Yours faithfully,
Mrs. Salony Priya
Founder & Director, UMMEED Counselling & Consulting Services



HOLY CROSS EDUCATIONAL FOUNDATION- LEADERSHIP CONFERENCE, AGARTALA, TRIPURA.



Holy cross foundation organized the Leadership conclave at Andre House Agartala , Innovate & Inspire was the theme to ignite hope and build skills for leaders the Ummeed way ! Intense involvement of more than 40 heads to create action plans for their schools.

- Loads of activities on Empathy as a skill
- Ethical leadership
- Building Competency in your team
- Growth Vs Fixed mind set



Father Kannikay Principal Holy Cross Panigrah



Father Jacob George, inspiring heads to revisit their role and act on the resource persons's suggestions



THE CORE ADMINISTRATIVE AND LEADERSHIP TEAM OF ST. KAREN'S SCHOOLS PATNA.



NEP & NCF REFLECTION

Language skills - language is not just grammar or literature, it's the base for all social and communication skills – Ummeed's initiative to empower educators all over Rourkela, Guwahati and Bhubaneswar in association with Burlington Publishers.



BHUBANESWAR



ROURKELA



GUWAHATI



"The unique eloquence, coupled with a profound understanding of the subject matter, made you a truly wonderful speaker. What set this session apart was your unwavering commitment to introspection. The way you delved deep into the intricacies of imparting not just language skills but also fostering emotional intelligence within the learning environment took the interactive session to a great height."

- Dr Manoj Kumar Choudhury, Academic Dean, Sai Vikash Educational Institutions, Guwahati.

TRANSFORMATIONAL LEADERSHIP TO BUILD LEADERS IN A LEARNING ORGANIZATION FOR HEADS OF 12 SCHOOLS UNDER DALIMSS SUNBEAM SCHOOLS IN UP.



Salony Ma'am, you have changed my perception to look at things happening around me. Everytime meeting with you brings lot of satisfaction, happiness, togetherness, insights.

These 3 days were very meaningful and everyone went with lot of satisfaction and with lot of insights.

I am very hopeful to see lot of change in teachers approach while handling students in classroom.

-Gurmeet Kaur, Principal, DALIMSS Sunbeam School, Rohania, Varanasi.



MENTAL HEALTH AWARENESS FOR EDUCATORS-THE UMMEED WAY in association with Teachers Center Kolkata.



INSPIRING BRAVE-HEARTS MOMS OF CHILDREN WITH SPECIAL ABILITIES WITH UNMISH

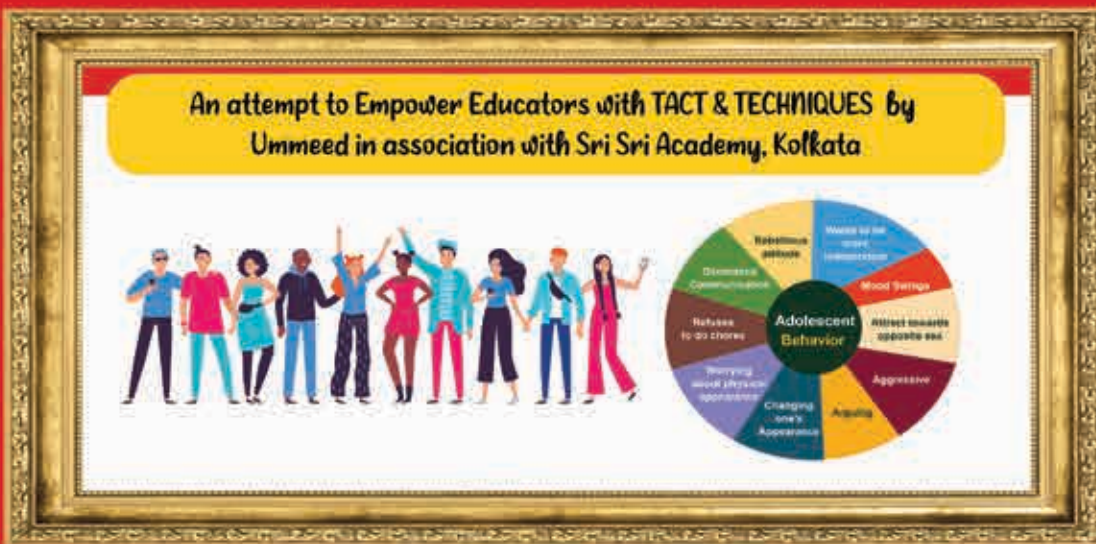


INTERACTION WITH MS NARGIS PRINCIPAL MODERN SCHOOL DUBAI



23RD JANUARY 2023 INVESTITURE OF YOUNG LEADERS OF DOUGLAS MEMORIAL HIGHER SECONDARY SCHOOL





Ummeed created a platform for interaction, reflection and Action research on Adolescent Behavior Management- Adults Adapt Accept & Accomplish.

The 4 H model to use Head Hand Heart and Health to create a holistic approach to guide adolescent in our care was highly appreciated by one and all.

This is a series of event being created by Ummeed in different cities to spread awareness about Mental Health issues in educators and caregivers.

RANCHI

In association with St. Francis School, Harmu, Ranchi



It was a great eye opener for us, being a teacher we need to be aware of proactive and to know the students attitude more over about ourselves. We are happy to attend this seminar and for your enlightening inputs and for your valuable time.

- St. Maria's School, Brambe.



The method of understanding Adolescent was effective for future planning in dealing with them. It will help in dealing with students not as a teacher but as a friend and guide. An empowering, energetic and activity based session. The personal experience shared by Salony Ma'am was heartwarming.

- Carmel School, Samlong.



Participating Schools

- Ursuline Eng. Medium School
- Sacred Heart School, Chianki
- St. Thomas School, Dhurwa
- Mazzarello School, Sahera, Namkum
- Carmel School, Hazaribagh
- St. Charles School, Hatia
- Carmel School, Samlong
- St. Maria School, Chund, Brambe
- Sacred Heart School, Hulhundu
- Carmel School, Brambe
- Bishop Westcott Girl's School, Doranda
- St. Francis School, Harmu
- Fr. Angel School, Dibadih
- Cluny Convent School
- Lievens Academy, Lohardaga
- St. Francis School Banhora
- Children of New Dawn School
- St. Xavier's Academy
- W. John Multipurpose Boarding School, Piska Nagri.

KOLKATA

In association with Sri Sri Academy, Kolkata, WB



I learnt a better way to handle adolescent behaviour. The idea of clasping hands with an aggressive child will be implemented by me. We are better able to understand ourselves and our children/ students."

-Arpita Dasgupta, South Point School.

Explained all the behavior the adolescents show in a lucid manner with examples that helped us to understand the behavioral pattern we see among our students. Key learning was the 4H model and the way to handle the adolescents and guide them."

-Rajaiah Sultana, Sri. R.N. Singh. Memorial.

Participating Schools

- Frank Anthony Public School
- St Lawrence High School
- St James School
- Sushila Birla Girls School
- Delhi Public School, Newtown
- Agarsain Balika
- Birla High Boys School
- Delhi Public School, Megacity
- Oxford High School
- R N Singh Memorial School
- De Paul School
- Sri Sri Academy
- Julien Day School
- South Point School
- Bhawans Gangubox Kanoria
- Gyan Bharti group of Institutions
- Ek Prayaas

BARRACKPORE

In association with Douglas Memorial School, Barrackpore, WB



The session was a lovely and emotionally enriching experience. Resource person was very informative, kind, aware and inclusive. We learned about trigger identification, constructive resolution and unlearning negative learned ideas.

- Shalini Biswas, Teacher, Central Model School.

Today we learnt to accept and adapt adolescent behaviour, anger management and the social and emotional approach to deal behaviour. Salony Ma'am's workshop offers a great learning experience. Her strategies to understand adolescents was an eye opener for many of us.

- Saswati Ghosh Bose, Teacher, Douglas Memorial Higher Secondary School.

Participating Schools

- Douglas Memorial School
- St. Luigi School,
- Central Model School,
- St. Augustine Day School
- Morning Bells School
- St. Luke's Day School



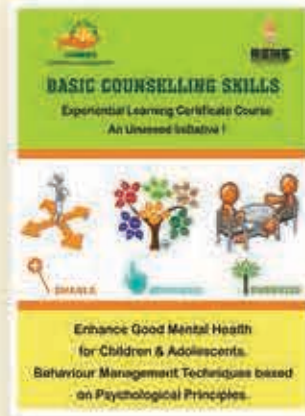
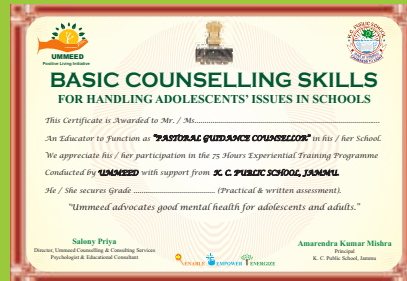
Supported by Bharti Bhawan

Basic Counselling Skills, a certificate experiential learning course, which helps educators and allied professionals to understand and deal with children and adolescent behavior.

The hands on training, with counseling skills demonstration and case study discussions is especially designed to enable professionals with

a better understanding of children and adolescent needs so that they can provide the emotional and social first aid to the students and becoming the changing agent to create a student centric environment in the school set up.

In 2023 more than 180 educators embarked on this journey with Ummeed.



KC PUBLIC SCHOOL, JAMMU AND KASHMIR



BIRLA EDUCATION TRUST, PILANI, RAJASTHAN

- Birla Balika Vidyapeeth, Pilani
- Birla Public School, Pilani
- Birla School, Pilani
- Birla Shishu Vihar, Pilani



THE SAGAR SCHOOL, ALWAR, RAJASTHAN



Life can throw a child many ups and downs over the course of his/her journey. In a school set-up, especially in a boarding school scenario, you likely have a particular person or a group of people who listen and provide insight to help those children navigate rough patches and big decisions. To invest so much in children, the person (counsellor) has to be well equipped.

Taking this mission forward, and in order to make a transformational journey for each of its Teachers to be a Pastoral Guide & Counsellor, The Sagar School joined hand with Ummeed and its Founder Director, Ms. Salony Priya who conducted a certificate course for them over the past eight months.

We are thankful to you, Salony Ma'am, for your brilliant execution, and we really appreciate your advice and encouragement. The seeds you have implanted within our teachers today will ultimately grow into big trees to provide the support and strength to our children, fulfilling the purpose. Thank you.

-Amlan Saha, Principal,
Sagar International School

SUNBEAM GROUP OF SCHOOLS, MAU, BALLIA, VARANASI



DON BOSCO ACADEMY, PATNA, BIHAR



- Emotionally intelligent educators- IQ, EQ, SQ, and CQ in classroom.
- Behaviour management using proactive techniques.
- 3 As of Adolescents- Aggression, Anxiety, Addiction in Adolescent.
- Art of giving instructions - age and situation appropriate.
- Social and emotional developmental stages to deal and guide.

UMMEED IMPACTED SCHOOLS IN BIHAR



NOTRE DAME ACADEMY, PATNA



DON BOSCO ACADEMY, PATNA



MOUNT CARMEL CONVENT, PATNA



"Your sessions were very interesting educative and made each participant to wake up and see their role in this stage of transition in society .You have the art to give information and insight with hope and positive.May all your services to our youth, bear much fruit."
- SISTER LILY, PROVENCIAL CARMEL SCHOOL

"My key learning from the session are to know the challenges, understand the problems and walk with the students."

- SISTER M. PROMODINI Vice Principal A. C., Mount Carmel Convent, Patna



MILLENNIUM WORLD SCHOOL, PATNA



HOLY FAMILY SCHOOL, BHAGALPUR



"Excellent session with Salony mam , thought provoking, it really boosted me up to start with fresh mind and heart in the new session , grateful for this interaction "

-Sumana Mazumdar, Holy Family School, Bhagalpur.



ST. JOSEPH'S HIGH SCHOOL, PATNA



UMMEED IMPACTED SCHOOLS IN CHATTISGARH

THE JAIN INTERANTIONAL SCHOOL, BILASPUR



" An extremely effective workshop as Salony Maam is knowledgeable, an expert in psychological well-being, at the same time very clear and practical, thank you I was looking for such inputs."

- Mr Anirban, TJIS hostel superintendent.

" Moving from fear to faith , very inspiring to hear Salony Maam , made me connect to my personal and professional world , and learn a lot in these two days."
- Tanya, PGT The Jain International School, Bilaspur.

N.H. GOEL WORLD SCHOOL, RAIPUR

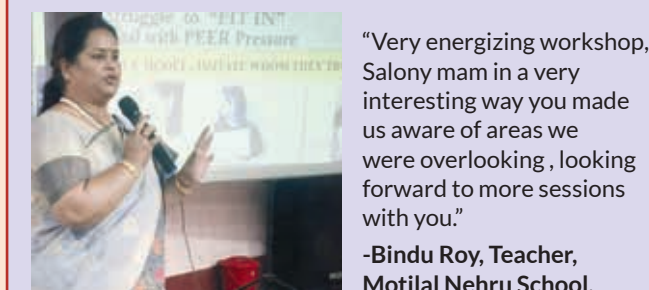


" The session was incredibly insightful and motivating. Very positive approach today's children. A privilege to be coached by Salony Ma'am. We learned to act as a catalyst to bring positive change in student's Behaviour through emotional well being."

- Ruby Elwin, Teacher, N.H.Goel World School, Raipur.

UMMEED IMPACTED SCHOOLS IN JHARKHAND

MOTILAL NEHRU PUBLIC SCHOOL, JAMSHEDPUR



"Very energizing workshop, Salony mam in a very interesting way you made us aware of areas we were overlooking , looking forward to more sessions with you."

-Bindu Roy, Teacher, Motilal Nehru School, Jamshedpur.

SRI SRI RAVI SHANKAR ACADEMY, GHATSHILA





**ALPHONSO SCHOOL,
JASIDIH**



A-Z of erudite educators



**DON BOSCO ACADEMY,
MCCLUSKIEHANJ**



**CHILDREN OF NEW DAWN
SCHOOL, RANCHI**



**EQ Educators creating
emotional wellbeing**

ST. CLAIRE'S, KODARMA



"We learnt to motivate students as well we understood that taking care of ourself is utmost important. I will definitely try to connect with the students of my classroom."

- Shristy Kumari, St. Clare's School, Kodarma

V.S. PUBLIC SCHOOL, SINI



"I have learnt how to be smart and do all things in an organised manner. How to use our brain. I also learnt how to enhance our brain power. I also learnt about mnemonics, memory, enhancement, chunking and rehearsal and techniques for memory enhancement and how to concentrate our mind and pay attention through our senses."

- Deepak Mahato, Teacher, V.S. Public School, Sini

MOUNT ASSISI SCHOOL, BHAGALPUR



Father Kurien, Principal, Mount Assisi School, Bhagalpur



EQ EDUCATORS IN UTTAR PRADESH - THE UMMEED WAY

THE ARYANS INTERNATIONAL SCHOOL, VARANASI

"From Today's session we learned about mental health nourishment, Emotional quotient adaptation and dealing with Adolescent challenges. Thank You for the enriching session."

- Tripti Dutta, Teacher, The Aryan International School, Varanasi, UP.



- Mental health
- Mindfulness techniques
- Stress management

SUNBEAM SCHOOL, GHAZIPUR

Happy classrooms, promoting learning of subjects and skills.



SUNBEAM RESIDENTIAL SCHOOL, LAHARTARA, VARUNA, BHAGWANPUR, SUNCITY

Caregivers as co educators dealing with academics and behavior.



DALIMSS SUNBEAM SCHOOL, SIGRA

Discipline by design – tacts and techniques.

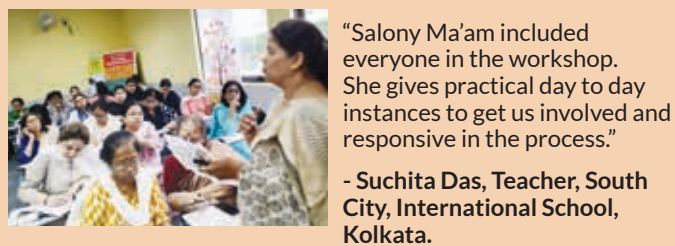


UMMEED IMPACTED EDUCATORS OF SCHOOLS IN WEST BENGAL

ARMY PUBLIC SCHOOL, KOLKATA



SOUTH CITY INTERNATIONAL SCHOOL, KOLKATA



"Salony Ma'am included everyone in the workshop. She gives practical day to day instances to get us involved and responsive in the process."

- Suchita Das, Teacher, South City, International School, Kolkata.

SOUTH POINT SCHOOL, KOLKATA



SOUTH POINT HIGH SCHOOL, KOLKATA

"A very stimulating workshop ma'am as usual I think I will be able to change my parameters and become more confident, resilient and ready to face facts with renewed bigger card loads of love to Salony mam thank you for insulin confidence and making the New Me!!

-Sonali Chakraborty, Teacher, South Point School, Kolkata.



CONTAI PUBLIC SCHOOL, CONTAI



BIRLA DIVYA JYOTI, SILIGURI

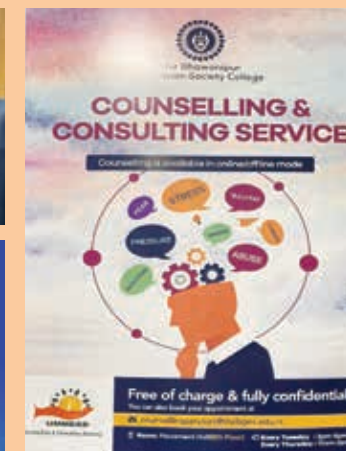
My hearty thanks to Salony Priya Ma'am. You have explained us Adapt, Accept and Act. The teaching experience video of Rita Pearson inspired me a lot, I will definitely implement it in my teaching career.

- Ms. A Rai, Teacher, Birla Divya Jyoti, Siliguri.



MENTAL HEALTH AWARENESS FOR YOUTH IN HIGHER EDUCATIONAL INSTITUTIONS

BHAWANIPUR EDUCATION SOCIETY COLLEGE, KOLKATA, W.B



"Becoming a better version of your self is everyone's dream,yet so difficult to realise.....your interactive session lit up those candles of hope for the youngsters.... they will reach out to you..... indeed Thank you so much."

- Prof. Dilip Shah, Dean BESC, Kolkata.

GALGOTIA UNIVERSITY, NOIDA, UP



GAUTAM BUDDHA UNIVERSITY, NOIDA, UP-PSYCHOLOGY DEPARTMENT, M.PHIL STUDENTS



Scope of counselling psychology as a emerging career - A psychologists footprints - Mr Anand Singh, HOD Psy Gautam Buddha University Noida felicitating Salony Priya.

PRESIDENCY UNIVERSITY, BANGALORE, KARNATAKA



Role of teachers in nation building organised by Presidency University, Bangalore, Karnataka

JAMMU UNIVERSITY, JAMMU AND KASHMIR



Essence of parenting workshop by Ms. Salony Priya, child psychologist and parenting expert

- Nurturing a confident child.
- Connecting to your teenager
- 10 positive ways of building skills in children
- Balanced parenting style for effective parenting
- Vitamin A, B,C,D & N in parenting (Do's & Don'ts of Smart parenting.)
- Real and virtual parenting best for millennial generation.

BIRLA HIGH SCHOOL, KOLKATA, W.B

Ms. Mukta Nain
Director

Ms. Lovleen Saigal
Principal

Ms. Farida Singh
Headmistress



Progressive Schools visualize a much more proactive role of parents in shaping the personality of children and adolescents. Ummeed creates interactive parenting engagements that sensitizes parents on the long term impact of parental communication, setting of boundaries and appreciations given to build value system.

ADAMAS INTERNATIONAL SCHOOL, KOLKATA, W.B



"Extremely thought provoking, engaging session by Salony Ma'am that make parents realize their changed role in bringing up their children with values and skills."

-Anasuya Paul, Principal,
Adamas International School, Kolkata



The KNOWLEDGE REVIEW, a global educational magazine recognized the 25 years positive proactive parenting work of Ms. Salony Priya.

GOLDEN JUBILEE SCHOOL, AURANGABAD, MAHARASHTRA



"The Smart parenting workshop was a very well-articulated, organized and structured workshop for parents of classes 6 to 9 depicted with many real life examples. Salony ma'am explained the developmental period of children transitioning into adulthood and the roles of parents and society during phase is of immense importance. The parent-adolescent relationship should be based on open communication, trust, support, and respect. Parents should aim to be a part of their child's world by understanding their interests and concerns."

- Vaibhav, Senior Coordinator, Golden Jubilee School.



Ms. Priya Peter, Principal.

SUNBEAM SCHOOL, GHAZIPUR, UP



V S PUBLIC SCHOOL, SINI, JHARKHAND

- Career by choice not by chance.
- Career goals and aspiration
- New India- Career opportunities
- AI Skills in artificial intelligence spectrun

ST. JAMES SCHOOL, KOLKATA, WB



Life skill sessions with the students of classes- 8,9,10,11,12 on:

- Being Technology SMART, not Technology SLAVE
- Exploring Individual Abilities through SWOT
- Gateway to understanding future career and higher education options
- CAREER BY CHOICE & not Chance
- Understanding Adolescent years - Dealing with Peer pressure, Impact of media on teens



"Today I learned many new and important things from this session. Some of these things include making mind maps, time management, communication skills, believing in myself and motivation to do and achieve my goals."

- Anuj, Class 9, St. James School, Kolkata

GOLDEN JUBILEE SCHOOL, AURANGABAD, MAHARASHTRA



- SMART Goal Setting- academic & behaviour
- Identifying top distractors for young adults
- Gadget and Substance Dependence- how to break the vicious cycle
- STUDY for attention and concentration
- Career profile assessment

V.S. PUBLIC SCHOOL, SINI, JHARKHAND



SUSHILA BIRLA GIRLS SCHOOL, KOLKATA, WB



Gender Sensitivity



"I am really honoured to be a part of your workshop. It was very effective and was an eye-opener for me. I also realised that how I was surrounded by so many social norms. This workshop really helped me and gave me and courage meant to change some of the social norms and also the society. I can now even be more open with my cousins about this topic and change their thoughts about the same."
- Student, Sushila Birla Girls School

"Very enlightening session. Not a chance to blink my eyes because salony Ma'am took all my attention well researched and engaging presentation, commendable. Please do more of such sessions."
- Class XII student, Sushila Birla Girls School, Kolkata

ST. FRANCIS SCHOOL, RANCHI, JHARKHAND



"I feel encouraged and more sure about myself. The guidance of Salony Ma'am was very helpful for me."
-Sombuddha, St. Francis School.

"I really had a wonderful experience from this session by Ummeed conducted in our school. The way Salony mam related her life with ours showed me that I am not the only one with the same problem and learnt a lot of things on safety and controlling one's habit. I really look forward to more of this counselling informative session in the future."
- Megha, St. Francis School.



CHILDREN OF NEW DAWN SCHOOL, RANCHI, JHARKHAND



CONTAI PUBLIC SCHOOL, CONTAI, WB





AWARE ADOLESCENTS - READY TO FACE CHALLENGES

- Tech Savvy not tech slaves
- Digital detox
- Responsible decision making

BIRLA BHARATI SCHOOL, KOLKATA, WB



JEWISH GIRLS SCHOOL, KOLKATA, WB



"I was really enriched by Salony Ma'am's encouraging speech. It opened my eyes for a better career and future. It will really help me in choosing my career by choice and not by chance."

- Saima Khurshid, Class 11, Jewish Girls School, Kolkata.



OXFORD HIGH SCHOOL, HOWRAH, WB



"I have learnt many things from this workshop. It will now help us to use internet safely and learning something productive."

- Sankarsan Das, Class 10, Oxford High School, Howrah.



RAMMOHAN MISSION HIGH SCHOOL, KOLKATA, WB



"It was absolutely a wonderful session. Salony Priya Ma'am helped me a lot regarding time management and career guidance. It was a pleasure to be a part of this session."

-Nikash Mondal, Class 10, Rammohan Mission High School, Kolkata.



STUDY SKILLS, MIND MAPPING, MNEMONICS

BIRLA DIVYA JYOTI, SILIGURI, WB



BIRLA SHISHU VIHAR, PILANI, RAJASTHAN



"It was an amazing session. I had learned many things like how to face challenges in life, how to give up things. I get to learn various things about self management, self awareness. At last but not least it helps us to learn how to move forward in life. I met a person who understands us and helps us finding out solutions so that we can get out of it."

-Shruti Kumari, Birla Shishu Vihar, Pilani.

K.C. PUBLIC SCHOOL, JAMMU, J&K



"This seminar will definitely help us to cope up with the difficulties which we will face later on. The graph analysis will help me to change my attitude towards my life as well as others. Thank you Ma'am for guiding us. I will surely try to face the problems without denying and accepting it. It will definitely help us in future."

- Ayush, K.C.Public School, Jammu.

BIRLA SCHOOL, PILANI, RAJASTHAN



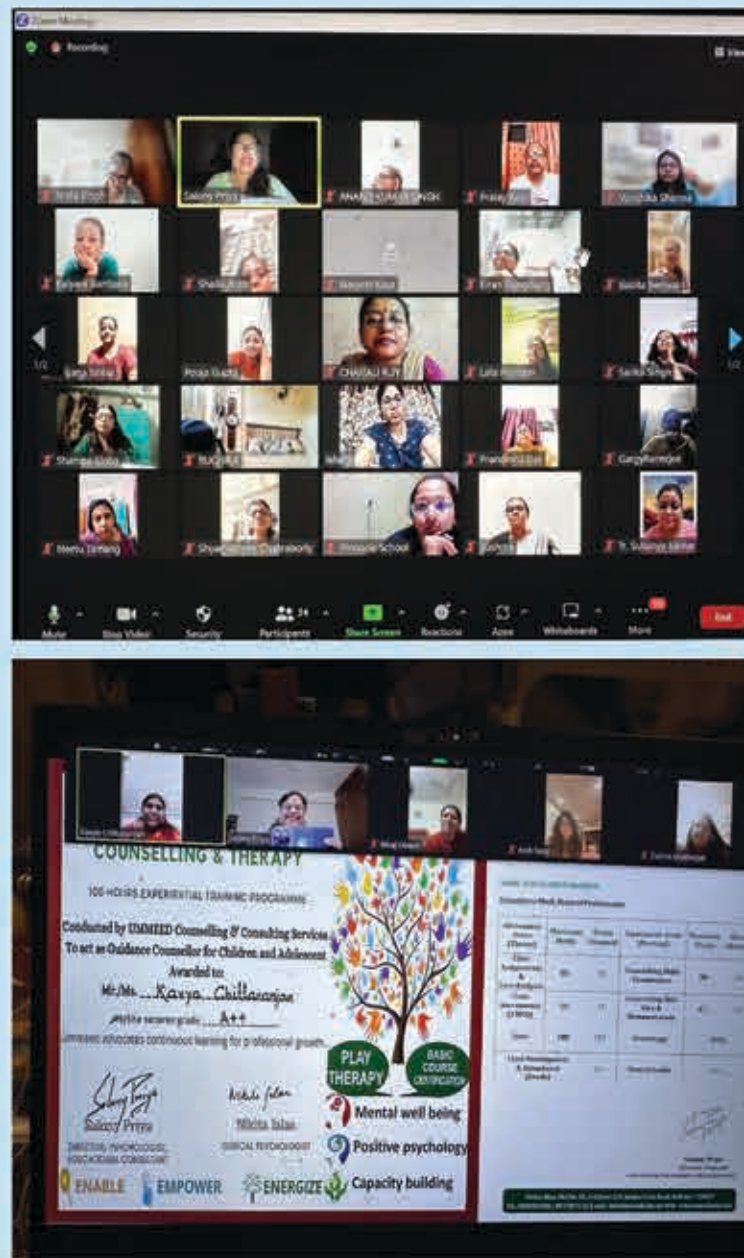
MICRO SKILLS OF COUNSELLING & THERAPY

Whether you are an educators, mental health professionals, psychology, education, HR professionals, allied professionals as caregivers in orphanages , NGO workers and enthusiastic psychology and education post graduates, or simply interested in learning more about counselling techniques, Ummeed's Micro Skills of Counselling & Therapy Course (MSCT) will enable the participants to have functional knowledge of human behavior, child psychology and builds their skills to handle the spectrum of behavioral issues – from aggression to addiction and self-harm.

Drawing on extensive research and the expertise of our experienced instructors, this course will delve into a range of micro skills that can be utilized across various therapeutic settings. From active listening and empathetic response techniques to non-verbal cues and building rapport, participants will gain a comprehensive understanding of these invaluable tools. In addition, we will explore the significance of cultural competence, ethical considerations, and self-care practices, ensuring a holistic approach to counselling and therapy.

Designed with flexibility in mind, our course offers an experiential learning with real life case situations. Engaging multimedia content, interactive quizzes, and practical exercises will empower you to integrate the micro skills into your professional practice seamlessly. Additionally, participants will have the opportunity to connect and collaborate with peers through discussion forums, fostering a dynamic learning community.

- Counseling skills - Rogerian school of thought
- Myths of counseling - eradicate stigma related to counselling in Indian society
- Client centric counseling practices
- Active listening skills Attending, Paraphrasing, Summarizing, probing skills
- Positive psychology intervention with clients
- Art of constructive silence - handling loss & grief
- Empathy & Resilience skills for mental Health professionals
- CBT(cognitive behavior therapy) protocols
- EQ(emotional quotient) specturm & regulations
- Anxiety and depression management
- Aggression management- Handling bullying , teasing name calling etc in school children Bullying
- Addiction management strategies
- Self harm -identifying red flags and interventions
- Adolescent Behavior Management
- Erickson's model of psycho-social development in children & adolescent
- Play therapy - application and detailed case analysis
- Life Skills for Social and Emotional wellbeing of Youth
- Self esteem building
- Self awareness exercises for self and clients
- Mindfulness & Relaxation Techniques
- Counselling tools ,goal setting formats, checklists etc



"The Micro Skills of Counselling and Therapy course has been an extremely gratifying and enriching experience for me. Salony Ma'am with her experience, knowledge and insight is extremely committed to the cause of touching lives. It is supported in a wonderful way by her dedicated team who are always ready to help at every step.

I am extremely grateful that I enrolled for this course as I have become more self aware as an individual of my needs as well as others needs. The technical skills, understanding and insights gained in the course has given me the confidence and belief that we can make a difference to others lives through counselling. The course take us closer to children and adolescents in a way such that we can offer a helping hand to them, understand them and be there for them as someone trustworthy."

- Ms.Kavya Chittaranjan, MBA in Finance, Core Commitee member at USF, Hyderabad, Actively engaging with and teaching underprivileged girls.



"Micro skills of counselling therapy deals with extremely delicate human emotions. It has compelled me to realise that what we see of a person is first the tip of an iceberg. As a school teacher for the last 17 years, the course has helped me to understand the behavioural attributes of adolescents and also the people around me. My attitude towards my own college goer son and various others have been deeply impacted. I would highly recommend everyone to take up such course."

- Ms.Tuhina Mukherjee, Teacher, Adamas International School, Kolkata.

"The course is beautifully structured and unravels in a detailed manner providing the right amount of content and experience, it is enriched with a wholistic approach and is extremely content rich giving the right mix of theory and practical learning experience. Salony Ma'am teaches with such passion that one cannot leave the course without having a life altering experience."

- Ms. Tina Sood, Mindfulness Enthusiast, Aspiring Writer, Singapore.



"Through this course I have learnt the insight of talking as a therapy where healing is done not by medicine but through empathy, understanding and by being in the others shoes. The main aim of this course is transformation of life by not giving advice or solution but by moving oneself in a positive response and by coping in all walks of life. This has helped me to understand teachers, students, parents in a more acceptable way."

- Ms.Ashmi Jain, Principal, The Pinnacle Global School, Neemuch (M.P).

Resource Persons:

- Ms. Salony Priya- Practicing psychotherapist, with more than 24 years of intense experience in counselling and training.
- Ms. Kumud Srivastava- CBSE recognised community psychologist-counsellor & NCS registered Career-counselor.
- Mr. Arpit Tripathy- Head of counselling, Sunbeam group of school, Varanasi.
- Ms.Saswati Roy- Senior Special Education Teacher, CBSE Resource Person for Inclusion and Inclusive Education.
- Ms. Shikha Srivastava- Experience of more than 22 years in Corporate HR, Consulting, Training, Action Research and Teaching in India and Oman.





Umeed foundation extended financial support and encouragement to the following organisations:

- MUSHROOM CULTIVATION
- EK PRAYAAS EDUCATIONAL SOCIETY
- SARENGA SRI RAMKRISHNA VIVEKANANDA SOCIETY
- KANKULIA ROAD TARONI SOCIAL WELFARE SOCIETY
- CHILD ABUSE PREVENTION PROJECT
- SANTOSH PUR SUKANTAMELA SABPEYCHIR ASAR
- SAP CAMP CCU



Umeed Patron Jaydeep Chitlangia, Director, Chitlangia Charitable Trust .



Eminent educationists: Ms. Nandini Shukla, Principal, Kerala Samajam Model School, Mr. Ian Myers, Principal, Frank Anthony Public School, Ms. Sharmila Bose, Principal, Sushila Birla School, Ms. Nandini Sen, Director, Delhi World Public School, Mr. Brij Bhushan Singh, Principal, Bhawanipur Gujrati Education Society, Dr. Anindita Chatterjee, Clinical psychologist, Ms. Mitra Sinha Roy, Former principal, Adamas International School.

The force behind Umeed Trustees: Ms. Salony Priya, Mr. K.C. Sahai, Mr. Rajesh Kabra, Mr. Rahul Priyadarshi, Mr. Deepak Dokania.



Building Hopes Spreading Joy!

Umeed Utsav is a celebration of like-minded philanthropics, professionals and an experts adding value by giving dignity, building skills and providing resources to ensure youth and children; continue to have aspirations and faith.

Like-minded people of all age and from all walk of life assembled on 31st August 2023 at Rotary Sadan, Kolkata to spread hope.

Several NGOs partnered the cause of Education, Empowerment and Environment conversation on Umeed Foundation platform. The idea is to make one and one eleven, a cumulative force to spread faith!

EK PRAYAAS EDUCATIONAL SOCIETY

Umeed Foundation empowers Ek Prayaas for the last 10 years by building capacity of the children coming from socially and economically challenged background. Umeed conducts counselling sessions for the children on a regular basis to help them to deal with their conflicts, mental distress and trauma. We also provide sessions for parents/ Guardians as well as for teachers for teaching them good mental health practices. We together strive to transform the lives of these children engaged in child-labour, into children who will grow up to become economically independent, well-rounded and enterprising adults, and have a positive impact on the society around them.

MUSHROOM CULTIVATION

Empowering lives through vocational training! Umeed Foundation is proud to collaborate with Kartick Kalindi in Durgapur for a transformative project. Together, we're establishing a Vermicompost unit and cultivating mushrooms to uplift the socio-economic status of leprosy-affected individuals at Nabadiganta leprosy colony.

SARENGA SRI RAMKRISHNA VIVEKANANDA SOCIETY

Umeed Foundation has joined hands with this Ashram which aims to serve mainly poor and backward children of the surrounding areas regularly in various ways by the ashram. For more than a year they started a small project of feeding milk & biscuits to around 100 children on every morning. They also offer these children free coaching and, in the process, noticed that most of them are meritorious. They aim to admit at least 20 children in a nearby primary school and Umeed Foundation is aiding in doing so.

KANKULIA ROAD TARONI SOCIAL WELFARE SOCIETY

Umeed Foundation joins hand with Taroni Welfare Society to educate the first generation learners, children coming from economically challenged background to spread hope. Education will allow them to strive for a better tomorrow, with some vocational training and health care. We belief in 'Education for All' to create a better tomorrow!



Umeed Foundation reached out to the following NGOs and collaborated for empowering girl child and providing financial assistance for vocational training, nurturing talents in sports, NCC, art, music and dance.



17 NGOs moving forward with Umeed Foundation, 28 students from age group 13 years to 22 years and 7 projects recieved financial support worth rupees 4.5 lacks at Umeed Utsav.

EMPOWERING ALL STAKE HOLDERS IN EDUCATIONAL INSTITUTIONS - STUDENTS, TEACHERS, PARENTS, MANAGEMENT



FRANK ANTHONY PUBLIC SCHOOL, KOLKATA, WB

PARENTS



STUDENTS



- 7 up to make smart students
- SMART Goal setting – academic & behavioral
- Being self-aware and learning self-management Skills
- Learning Socially Appropriate Behavior
- Respect and Friendship
- Enhancing Memory and Concentration skills
- Dealing with Interpersonal Relationships
- Handling with our Emotions
- Smart use of Internet
- Effective Study Skills
- Task Management
- Dealing with Exam Anxiety
- Career guidance



“Ummeed, true to the meaning of its name, has been a ray of hope that brightens a gloomy day! Ms. Salony Priya and her team of competent counsellors have been very helpful in the holistic development of our students. Students, parents and teachers alike faced many challenges due to COVID 19 and its aftermath, and once the lock down was lifted, the counselling sessions by Ummeed was an integral part of our School's efforts in helping them face the changes and challenges both inside and outside of the premises. The regular group sessions for both parents and students and the one on one sessions (when required) have been immensely helpful and deeply appreciated. The counsellor's consistent presence, kind demeanour and approachability helps students to feel seen and supported. You have truly helped Enable, Empower and Energize populace for leading a stress free, healthy & happy life.”

- Marianne Johannes, Headmistress, The Frank Anthony Public School, Kolkata.

TEACHERS SESSION



ST. LAWRENCE SCHOOL, KOLKATA, WB



STUDENTS

Class 8, 9, 10



“Attending Salony Ma'am's sessions has made me feel more confident and capable in dealing with and resolving the minor psychological issues of not only my students but others as well. The counselling sessions by the Ummeed Team in our school has helped resolve certain psychological crisis faced by our students. I would like to express my sincere gratitude to Salony Ma'am for her constant endeavour in making the society more healthy and progressive.”

- Kalyani Bannerjee, Teacher,
St. Lawrence High School, Kolkata.

“Salony Ma'am's expertise, genuine commitment to our well being and guidance has provided us with valuable tools to navigate the challenges that come with academic and personal growth. Ma'am's practical advice on life skills, time management, study skills and techniques, safe and correct use of internet and words of encouragement have left a lasting impact on our students and they are inspired to apply those lessons learned in their daily lives.”

- Chaitali Roy, Co-ordinator,
St. Lawrence High School, Kolkata.

PARENTS



CLASS ROOM SESSION WITH CLASS 5 TO 10



DELHI WORLD PUBLIC SCHOOL, KOLKATA, WB PARENTS



SUPPORT STAFF, TEACHING FACULTY



TEACHERS

STUDENTS



GYAAN BHARATI GROUP OF SCHOOLS, KOLKATA, WB



GLOBAL PINNACLE SCHOOL, NEEMUCH, MP



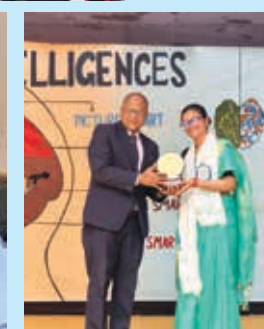
CAMPION INTERNATIONAL SCHOOL, SILIGURI, WB



"Our association with Ummeed has brought about a significant improvement in changing perspectives in the way we handle children and their ways and behaviour.

After sessions with the counselors, a positive outlook to life, friends, family and academics has been noticed in many children. They are thorough professionals whose direct yet non judgmental methods of helping students and teachers alike, have brought about a warm, happy and positive environment in the school campus. In particular, I would like to thank Mrs Salony Priya and Miss Trina Guha Thakurta for this. I wish Ummeed the very best for the future too."

- Noel Chhettri, Deputy Director,
Campion International School, Siliguri.



SUNBEAM SCHOOL, AYODHAYA, VARANASI, UP

PARENTS STUDENTS



TEACHERS



SUNBEAM SCHOOL, MAU, VARANASI, UP

PARENTS TEACHERS



"The knowledge gained from the workshop has proven beneficial not only in my professional capacity but has also significantly impacted my personal interactions. Salony Ma'am's delivery of concepts through real-life examples and demonstrations is unparalleled, making the learning experience both engaging and effective. I am grateful for the insights and tools acquired during this training, which will undoubtedly enhance my role as an educator, guide and mentor."

- Vishal Kumar Singh

STUDENTS



"It was an enriching and empowering session filled with valuable insights for the mental health of children and teachers. Your knowledge and insights have provided us with a fresh perspective. We promise to apply your techniques to our students."

- Dr. Andalib Zahera

SUNBEAM SCHOOL, BALLIA, VARANASI, UP

PARENTS



STUDENTS



Ummeed counseling and consulting services has given Sunbeam Ballia strength by training and counseling our teachers and students to address their psychological, academic and social issues which are affecting their lives. Now school can work on mindset and behavior for students success and improve their achievement, attendance and discipline because they have been gone through Ms.Saloni Priya. Basic counselling skills training programme,life skills sessions, parenting session, and adolescent sessions. -Arpita Singh, Principal, Sunbeam Ballia

UMMEED IN NEWS





GOOD MENTAL HEALTH INDICATORS FOR SUPPORT STAFF IN EDUCATIONAL INSTITUTIONS ACROSS WB.

BIRLA DIVYA JYOTI, SILIGURI, WB



CONTAI PUBLIC SCHOOL, CONTAI, WB



- Laughter Therapy
- Meditative Exercise
- Relaxation Techniques
- Stress relief strategies

FRANK ANTHONY PUBLIC SCHOOL, KOLKATA, WB

