

# Happy New Year 2016



# UMMEED

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UMMEED FOUNDATION

Experiencing  
**New**  
Horizons

**18 states**  
in India, countries in  
Middle East, Nepal  
and Bangladesh  
experienced  
**Ummeed's**  
positive psychology  
interventions

**1200**  
ICSE, CBSE  
and  
State Board  
Schools

**19,000**  
Educators  
and  
Social  
workers

**800**  
children and youth  
at high risk in  
shelter homes,  
orphanages  
and  
NGOs

**1200**  
families  
enabled with  
therapies

**31000**  
children  
and  
adolescents

## CONNECTING to PEOPLE with POSITIVE PSYCHOLOGY !

### *Thank You*

patrons, believers, friends and well wishers  
for making UMMEED complete five years of  
its growth!

These five years were a truly learning and  
engaging experience for me, as it was for  
each member. Reaching out to all kinds of  
social organisations, educational set ups from  
Montessori houses to Engineering colleges,  
this journey truly allowed us to believe in  
human potential.

In this newsletter we share with you few glimpses  
of our journey. Every statistic shared is a valued  
individual who we respect and every picture printed  
is a relation we cherish.

We continue Creating infinite Possibilities,  
Breaking mental Barriers & Redefining Boundaries  
for self & organisations.

Be with us in words and thoughts as that  
keeps our passion escalating to new heights.  
Stay blessed in 2016!

UMMEED grows as life has  
many promises to keep,  
many dreams to realize,  
many destinations to reach .....

*"Talking to counsellor helped me, it does  
ENABLE YOU! Thank you UMMEED for giving  
me hope."*

**5000 plus individual counselling sessions  
done for adults & adolescent.**

Basic Counselling course – certifies 500 plus  
educators ..proving UMMEED belief that  
Educators need to have skill sets of counselling  
to understand the issues of Millenium  
generations in our schools & colleges .

Emotional & Social wellness in  
adolescents reached out to  
**31,000 children with structured  
need based life skill.**

Parenting –skills are ART & SCIENCE both,  
from Rotary to Lions, HSBC Banks to PWC  
corporate houses , schools to higher  
education, more adults appreciated UMMEED  
ART of Parenting workshops,  
felt empowered !

Positive Psychology – enable people to  
deal with life situations with their  
strengths, collaborate IQ & EQ,  
energizing managers to housewives,  
CEOs to freelancers for wholistic growth.



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## ODISHA

With St. Paul's Rourkela as host school, a total of 8 schools in Orissa join hands with Ummeed to train teachers on handling adolescent issues.

The participating schools are -

- ◆ DeSouza's School Rourkela
- ◆ Carmel School Rourkela
- ◆ Nirmala English School Rajgangpur
- ◆ Sri Aurobindo's Rourkela School
- ◆ St. John Mary Vianney School, Kurtra
- ◆ St. Paul's School, Rourkela
- ◆ Pragati Public School Rourkela
- ◆ St. Joseph Convent, Rourkela

"A beautiful two day programme with a lot of information about adolescent needs and understanding their behaviour. I was provided with a wider prospect about adolescent problems and how to actively listen, paraphrase the information and summarize it for the counsellee. It is really opening up my thought process and I am sure that I will be able to deal with my students better after knowing and understanding their needs and emotions."

- Julie David, Carmel School



"After the workshop I am now quite comfortable with rapport building with the individual, still it is difficult to touch the pain area. I have learnt much, how to make the client comfortable and how to recognize his emotions. Thank you Salony ma'am and Anju ma'am to develop our own personality, to develop patience and not to be judgemental."

- Kakoli Das, Desouza's School



"The two day session was very remarkable as slowly it led to getting into counsellor's role. Knowing the stages of counselling Sunday, 1st and 2nd June '15 workshop will help us, specially the MCQ and role playing for Kirti case study."

- Arun Prasad Saini, St. Paul's School

## Frank Anthony Public School, Kolkata

Frank Anthony Public School Kolkata continues its journey to enable educators as counselors, who endeavour to understand the deeper underlying social and emotional issues of children and adolescents, in order to promote a climate of positive psychology in the school system.

"The purpose of taking the course is to solve personal problems and to build good interpersonal relationships with the students."

- Ms Kanchan Mukherjee

"Counselling is a good tool which can equip us with positive discipline methods in place of punitive methods."

- Ms. Shukla Dutta



## South Point School, Kolkata

A group of 30 teachers at South Point School Kolkata, commenced their journey as pastoral guides from April 2015.

Understanding adolescent issues, specially within the framework of coeducational set up remains a focus.

"The entire journey has been very enriching. Now I feel more calm and at peace with myself. And thereby better equipped to understand and empathize with my students. I think I will now be able to help them with their concerns and issues. I feel more empowered as a teacher to address the little trouble of the children. The children can now be helped to feel happier in school and grow up to be more balanced and more adjusted with the society. I am better equipped to help the children grow up to their full potential. Thank you Ummeed. It has been a journey worth taking."

- Hasnu Mukherjee





Ummeed believes its collaborative approach in education has constantly propagated the idea of counselling skills to be used more consciously by educators in schooling set ups. In the last 2 years, through a basic counselling skills course, specifically designed for handling adolescent issues and parent child relations, we have trained more than 175 teachers, coordinators and primary care givers. From April 2015, 5 batches of the Ummeed BCS course was initiated at the following locations – In Rourkela hosted by the St. Pauls School, Sunbeam group of Institutions, Varanasi, Sunbeam School Mughalsarai, The Frank Anthony Public School Kolkata, and South Point School Kolkata. It has been an engaging and participatory learning experience with real life case discussions, role plays etc. making them extremely contemporary and beneficial. As you read the feedbacks of the participants you would experience that their journey from educator to pastoral guide in their schools has answered their many concerns.

## Sunbeam Mughalsarai

After our 3 year successful association with Sunbeam group in Varanasi, Sunbeam School Mughalsarai joins hands with Ummeed to enable teachers to understand young minds better.

"It was great to learn and explore and know better way to counsel. Thanks ma'am for guiding us and showing the path."

-Priti Jaiswal

"The session was really inspiring, motivating. It dealt with the real issues of classroom like 'bullying'. I have seen cases of bullying and I tried at my level to stop it, but I find that now, I get more accurate ways of solving those problems."

-Sneha Tiwari

"Thank you very much for guiding us! It is (course of Pastoral Guide) more realistic to understand the emotion of our students as well as human behavior. It will make things easy in the students' as well as teachers' life."

-Geeta Singh



## Sunbeam Group of Institutions Varanasi

The core group of 7 schools under the Sunbeam banner continue their belief in developing hostel wardens, coordinators, primary care givers and teachers as change agents in society. With the ongoing group which is undergoing training, these schools now comprise of 160 trained pastoral guides who proactively work together towards understanding social and emotional needs of their students, which in turn contributes to holistic education.

"Everyone knows everything but do not know the right manner of how to handle the students and situation. Through this workshop we have come to know how we can handle the situations and Counselling students with full confidence and trust."

-Manju Rai, Sunbeam Varuna

"Before this workshop, I was guiding students without any formal experiences but now I learnt a lot so that I can go deep inside the problem of clients and can solve and understand properly. Thankyou ma'am."

-Rakesh Sharma, Sunbeam Annapurna



## Basic Counselling Skill Course at Ummeed Centre

The Basic Counselling Skills Course at Ummeed centre was launched for counsellors, students of psychology, educators and retired teachers who have come forward to develop an understanding of real issues underlying behavioural and academic discrepancies among children and adolescents, and to deal effectively with the same through hands on training in counselling skills, role plays which are based on real case studies.

"The sessions have been useful and informative. The theory inputs provided by the workbook and the presentations shown to us, have been well-organized and adequate. They have helped in a proper understanding of the subject matter taught to us. The role playing sessions have helped us to recognize our strengths and weaknesses in executing the skills of a counsellor. The homework provided and the feedback on the same has given us a good understanding of the various topics involved. Overall, a very positive experience!"

-Arijit Ghosh, Teacher, Lions Calcutta Greater Vidya Mandir

"The sessions are GREAT till date 6/6/2015. Have gained confidence in various fields. Emotions & feelings are being made to understand in a very positive & practical manner. I personally will like to experience a few more practical counselling case studies as done today. Anju Ma'am is doing a great job with me. Thankyou & God Bless."

-Suneeta Vimali, Retired Teacher, Loyola, Jamshedpur





## The Bhawanipur Gujarati Education Society School

Project by  
- Anju Chitambar

Our partnership with The Bhawanipur Gujarati Education Society School has evolved and grown. In addition to training teachers as lifeskills trainers since 2013, in 2015 Ummeed has begun whole school interventions with special emphasis on individual counselling for students.



"Three issues addressed in the session that I valued are decision making, to be away from cybercrime and gender issues. This session will help me to think that both man and woman are equal. What men can do women can also do. For example Neil Armstrong went to moon and then Sunita Williams also went to moon."

- Kaushal Daga, Class 9A

"Three issues addressed in the session that I valued are gender sensitivity, maturity and responsibilities. This session will help to look at others equally and not on the basis of physical appearance whether it is relationship or friendship."

- Vaibhav Sheth, 10A

## Mount Litera Zee School (Howrah) Project by - Dhvani Sheth



I have been working at Ummeed since July 2015 and the experience has been extremely stimulating for me as a professional due to the wide exposure I received. One of the most significant aspect of this was the opportunity to visit Mount Litera Zee School, Howrah as a counselor. My association with the school gave me an insight about the partnership between parents and teachers. I was also able to interact with students who come from diverse backgrounds. Due to their high level of acceptance of the counseling process I was immediately made to feel a part of the school. A few issues that I addressed in one-on-one counseling include peer relationships, study skills, low self esteem, adjustment related difficulties and bullying. We conducted lifeskills for students of all classes based on age appropriate topics such as memory for class 5, respect and responsibility for classes 4 and 7, gender sensitivity for class 8 and friendship for class 6. In order to make the approach more holistic in nature, a session with parents and two sessions with teachers were also organized at the school.

- Dhvani Sheth, Counselor, Ummeed Counseling & Consulting Service

"Today I have learnt that the male and female both should get equal opportunities to what they want to do."

- Samrat Das, Class 8

Mount Litera Zee School, both branches at Maheshtala and Howrah, have joined hands with Ummeed in April 2015. The process began with building trust and sensitization of teachers and parents, in order to create holistic support and care for students through individual and group counselling.

## Mount Litera Zee School (Maheshtala) Project by - Pinky Banerjee



"I have learnt to respect all of the people in the earth. I have learnt that I should not laugh, tease others without reason. We should not push any one. We should not steer anyone for any bad reason. We should tell the boy or the girl do not do it. And don't tease anyone for studies or outdoor games."

- Soumyadeep Halder, Class VII

"We learn the differences between other children to respect and talk politely with the weak children. We should stop bullying as they can be also similar as we."

- Riddhija Dutt, Class VI

## Haryana Vidya Mandir

Project by - Sarbani Samanta



At Haryana Vidya Mandir the focus in this academic year has been to maximize group counselling sessions. Regular classroom sessions on Breaking Myths related to Counselling have created more acceptance among students for counselling as well as increased student interactions.

"The discussion on love, infatuation and friendships is very important for teenagers like us because most of us get confused between these three different feelings. In this growing age, if we like someone we think that he/she loves me. So this session was very important."

- Sayanika Barua, Class IX



## Lions Calcutta Greater Vidya Mandir

Project by - Pinky Banerjee

Whole school year long interventions at Lions Calcutta Greater Vidya Mandir have focused on lifeskills sessions with students to empower them. Positive Discipline, Building healthy peer relationships in school, Responsibility Training and Respect for others and self were some of the topics covered with students of classes 4-10. Teachers were guided on class management techniques and making Child Profiles.

"From this workshop we learnt about 'conflict'. I am very thankful to the teachers who helped me to know about conflict. I will try to remember this throughout my life and I want to pass these words to other people and everyone should teach these lessons."

- Ankita Pal, VIC





# ENCOMPASSING STUDENTS, TEACHERS & PARENTS



## Frank Anthony Public School Project by - Sriha Patronobis

### My experience at The Frank Anthony Public School, Kolkata

My experience at FAPS has been very enriching. I have been in regular interaction with the parents and teachers. Parents of the children with whom I am working, have realized to some extent that their children have different needs and hence require a varied approach to academics. Parents meet me regularly to understand the innovative teaching of math and creative writing skill. The principal, Vice Principal, Head Mistress and the teachers are closely involved with the students with special needs and their parents. They are very supportive and always ready to implement my suggestions and ideas. **Ms. Anshu Khanna, Special Educator & Developmental Therapist, Consultant Ummeed**



Ummeed has completed a successful 4 year partnership with The Frank Anthony Public School, Kolkata. This year special education for identifying and supporting children with learning difficulties has been added to the year long whole school interventions. Teachers have participated in a workshop to understand Adolescent minds better, while parenting workshops provided a thorough orientation to parents of Junior school students. The emphasis in lifeskills for students has been on Making School a No Bully Zone and Dealing with Gadget and Internet Addiction.



"Today I learned that we should respect each child, reach out to them, building relationship with each of my children by being more patient and understanding. It was an excellent workshop and it helped me as an individual. Thanks a lot".

**- Ms. Karen Cardozo, Teacher**

## The Heritage School

Project by - Ms. Salony Priya



At The Heritage School with day boarding schooling concept counselling support to students is an ongoing process catering to life skills issues as well as one to one counselling to enhance academic performance and cope with personal. Teachers were empowered and sensitized about child's psyche and adolescent issues on a regular basis at Junior and senior levels. Parents as partners, orienting them to understand their role with changing roles.

"I learnt a lot of things in this session. I got my aim for my life. My aim was to be a successful person. But in this session I learnt that being a successful person is not enough, we have to be mature, caring, helping and many more things. This was one of the best sessions which I liked from the bottom of my heart. Thank you Salony ma'am for coming to our school".

**- Sakshi Aswani, Class V**



In our 5<sup>th</sup> year of outreach, Ummeed's prime focus with partner schools has been to emphasize on Capacity building for Educators and Lifeskills for students, particularly addressing Bullying and Internet Addiction. The Basic Counselling Skills Training programme has been enabling teachers to be better equipped with an understanding of adolescent psyche and challenges.

With the rise of issues related to bullying, specially, Cyber bullying, Ummeed has concentrated on middle school students to enable them to develop better social skills and assertiveness to deal with the phenomena. The highlight of such initiatives has been the Anti Bullying Campaign, wherein students were able to determine various strategies to make schools a Bully Free Zone with holistic support of school authorities and bystanders who witness such acts of bullying. Students have also developed a growing awareness that being more vigilant with social media, would help to reduce instances of cyber bullying.

**- Sriha Patronobis, Head of School Projects, Ummeed**

## INTERNSHIP PROGRAMME AT UMMEED FOR PSYCHOLOGY STUDENTS

Ummeed has collaborated with the Human Development Department at JD Birla College, Kolkata, for internship opportunities for the 2<sup>nd</sup> time this year. The interns from JD Birla, Ms. Priyanka Agarwal and Ms. Tulika Dey completed a two month internship which provided a hands-on experience on the application of positive psychology and strength based counselling in the real world scenario.

Over the years Ummeed has seen interns from Christ College Bangalore, Women's Christian College, Chennai, Amity University, Delhi, Loreto College Kolkata and many more. Our internship programme focuses on giving students of psychology a diverse exposure to the application of counselling in the real world set up.

One of the interesting projects undertaken by Priyanka and Tulika during their internship was a small scale social research that reflects the *Trend of Abusive Language Among Children and Adolescents*. The study conducted on 50 children (boys and girls between the ages of 9-14 years) shows how at a younger age abuse is part of exploration or seeking recognition among peers, and goes on to become an inherent part of their expression during adolescence.

**- Sriha Patronobis, Head of School Projects, Ummeed**



### My Internship experience at UMMEED

"Working at Ummeed turned out to be an enriching experience. It was a great opportunity in terms of learning new things as well as interacting with new people and adjusting with a new work environment. I got the opportunity to explore the various aspects of counselling and the ways in which one can contribute to the society through counselling."

**(Priyanka Agarwal, 2<sup>nd</sup> Year M.Sc. Human Development, JD Birla Kolkata)**



It was a very enriching experience to work at Ummeed as an intern. At Ummeed many workshops were attended which were basically on life-skill development, the art and science of parenting, empowering educators' etc. That was a wonderful and inspiring experience and from that I have learned about the ethics of counselling, got exposed to the various issues of the children and adolescents. Besides this, case-study discussion sessions as well as individual counselling sessions were also attended.

**(Tulika Dey, 2<sup>nd</sup> Year M.Sc. Human Development, JD Birla Kolkata)**







## Amarpati Lions Citizen Public School, Siliguri



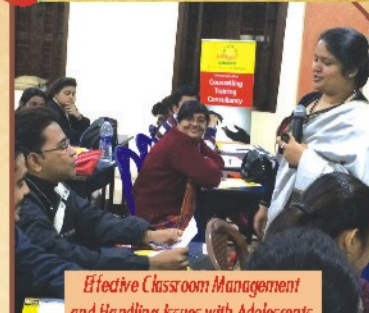
Empowering educators on Building Classroom Community

## Authpur Model School, WB



Millennium Teachers

## St. Paul's Mission School, Kolkata



Effective Classroom Management and Handling Issues with Adolescents

## Agarwal Vidya Vihar Surat



To identify the key areas of problems and find solutions to it. Pay attention to the complaints of every child. Instill positive thinking in children. **Mr Sanjeev Jha, Teacher**

For teaching adolescents you need to have exploration curiosity innovation. Emotionally understand the child. Understand the needs of the child.

**Ms Jayshri D Khairnair, Teacher**

Love, affection and patience, specially with the children who are behaving differently. Talking to them is more important.

**Indu Sahni, Teacher**

Thank you very much for inspiring, motivating, refreshing us today. I feel challenged to make a change to my approach and reach out to every child who I come in contact with. God Bless you, may you continue to inspire more and more people and help change the world at large. "You are a lighthouse in this dark world".

**— Steeve C.L. Pope, Teacher**

"Keep changing lives", and make a difference as well.

**— Paramita Ghosh, Teacher**

## Nirmala High School, Rajgangpur



Understanding Behavioural Issues in Classroom

"Truly I am saying from the depth of my heart that your counselling was excellent and effective. Due to busy schedule we forget to analyse that whether we are doing or right. Beside my knowledge and wisdom. I have learnt lot of new things that I can implement in my class".

**- Mr. Anupam Barua, Teacher**

"Our today's training was quite effective. I want to get further more information how to handle student running under stress, depression. Let there be some more practical work up on student teacher relationship" **— Ajay, Teacher**

## D P S , Bokaro



Discipline by Design – Whole School Model

## Vidya Bharati Chinmaya Vidyalaya Jamshedpur



Empowering Teachers as Mentors

## Hilltop School, Jamshedpur



## Gulmohor High School, Jamshedpur



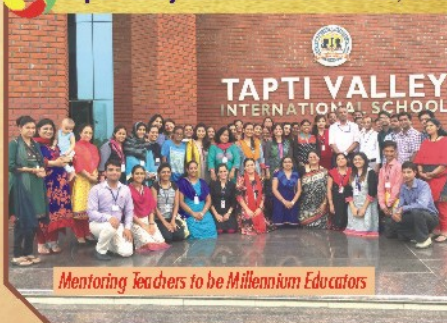
Dealing with Discipline issues in the classroom in Non Punitive ways

## Mount Carmel UNA, Himachal Pradesh



Teachers as Positive Change Agents of Society

## Tapti Valley International School, Surat



Mentoring Teachers to be Millennium Educators

"This session has taught me to understand the problems of the child before reacting and how to handle a child in a loving way. One thing I would like to incorporate in my class is to create rewards for small acts done by children, and I want Ummeed to do a more detailed workshop on discipline"

**- Anshu Jain, Teacher**

"My take away from this session is building a relationship with each child, be rational and that a calm and compassionate attitude helps always. I would like to rebuild and reconnect with my students."

**- Shikha Chakraborty, Teacher**



Collaborating with teachers to train them as mentors has been a major area in our training projects. The following are a few glimpses of progressive schools approaching us from all over the country, to understand better the needs of the students in their care.



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### Green Valley Educational Institute, Srinagar



Proactive Classroom Management — Teacher Student Circle

### Torpa Rural Development Society for Women, Torpa, Jharkhand



One day workshop on child psychology organised by TRDSW (Torpa Rural Development Society for Women) at Mahila Vikash Kendra, Torpa, Jharkhand, under the patronage of Janshedji Tata Trust on 17th December 2015. More than 70 participants from 30 govt schools benefitted

### Loreto, Teachers' Training Centre



Understanding the gamut of learning difficulties in children

"I really enjoyed the workshop provided to us as we have learnt the negative aspect of different child. Their behaviour, attitude in the classroom or at home. Thank you Ma'am for the workshop".

— Priyam Chakraborty

### Welkin School Sopore, Srinagar



Creating Successful students

### St. Mary's School Delhi



Teaching to Connect to Adolescents

### Mount Carmel Hoshiarpur



### Presentation Convent Srinagar



Creating Inclusive Classrooms & Proactive Strategies

### Jaipuria School, Benaras



"I feel: I will be bold to try new things. Make innovations a way of life in our school. Follow the system where I can learn every single day. Thanks for giving such a wonderful knowledge and I will try my best to be good teacher."

— Poonam Kumari

### Carmel School, Andaman



Understanding Mixed Abilities Classrooms

### Newtown Public School, Kolkata



Positive Psychology Techniques to Handle Young Learners

"From today's session I have learnt 1. the concept of IQ, EQ and SQ, and 2. accept change. 1 area of learning that I would like to incorporate in my classroom is Discipline and by few ways like setting 1. golden rules, 2. frequent reminder and 3. simple way of instruction. In future workshop by Ummeed the topic I would like to address in my school is how to help children who understands everything but does not want to write".

— Chandrani Saha

### St. Karen's School Patna



Teacher as counselor

### St Soldiers Jalandhar



"Learning to Listen and Listening to Learn" — Educator's Paradigm

"Dear mam, really I like your class and your lecture. I received much knowledge and came to know many drawbacks in my teaching and I will implement it in my teaching. I really want to attend your class again and again with your kind knowledge and experience. Thank you once again mam to give us your precious time. God bless you."

— Neena Nahar, Teacher





# HOW DO YOU WANT TO FEEL TODAY?

# LIFESKILLS

## EMPOWERING YOUNG MINDS



**CONTAI PUBLIC SCHOOL, WEST BENGAL** – students of class 5 and 6 attended a session on SMART MEMORY, which focuses on various cognitive strategies for efficient recall. Class 9 students were enabled with a session on Goal Setting.

"We have learned today that if we do anything with concentration it will bring benefit in future. The techniques we will use to study hard with concentration and it will give us a nice memory, focus and help us to learn many things which we will get the result in future and can make our study well and better".  
– Srijita Maiti, Class VI



**CARMEL SENIOR SECONDARY SCHOOL, PORT BLAIR, ANDAMAN** – Students of class 12 were sensitized on Power of Positive Thinking and Need for Lifeskills in the Real World.

"Hard work wins. Failure = goals, failure is important to achieve goals. Believe in yourself and see the magic happen. Study hard to win, don't waste time in unnecessary things"

– Nazneen Hamza, Class XII

### AGARWAL VIDYA VIHAR SURAT

class 10 students were motivated through a lifeskills session on Setting SMART Goals and Handling Distractions.

"I liked the session very much. This is such a motivating one. I changed myself by bringing self-awareness in myself. I change and bring effort in my life. I will do decision making. I also follow the success mantra which was given by Salony Priya. I would like to thank her for such a motivating session." – Aditi Agarwal, Class X



### MT. CARMEL SCHOOL, ROURKELA

– Class 11 students were positively enabled through a session on SWOT techniques to focus on Abilities in the Future.



**TENDER HEARTS, RANCHI** – class 9 students learnt how Effective Concentration Building Exercises can enhance their ability to memorize and apply concepts and How to be Social and not be on Social networking only.



### HOLY CROSS, AGARTALA

class 8 students attended a workshop on Building Responsible and Healthy Peer Relationships and Addressing Bullying.





**Enabling and Empowering Adolescents and Youth has been a major focus at Ummeed. Reaching out to over 2000 students from schools across the nation addressing pertinent issues such as Addiction, Abuse, Aggression as well as increasing the focus on skill building.**

**KERALA SAMAJAM MODEL SCHOOL, JAMSHEDPUR** – Dealing with the gamut of new age Addictions – Social Media, Selfies, Texting, Gaming And Gadgets for students of class 7.



**ANANTH FOUNDATION, KOLKATA**

– Meritorious students supported for higher education by Ananth Foundation attended a session on Personality Development and Positive Attitude.



**NATIONAL POWER TRAINING INSTITUTE DURGAPUR** – Anti Ragging Campaign and Developing Professional Skills – Part of New Students' Orientation.

"Well, nothing to say much as I've already attended UMEED's session earlier and even today I enjoyed the same way as I did a year ago. Thanks to them a lot for bringing up ideas, knowledge how to tackle with the basics of life which is apparent to ourselves even till date. And yes, that 'ICEBERG' thing was really cool." – *Avirup Panja, 4th Year*



**MOUNT CARMEL SCHOOL PALAMPUR, HIMACHAL PRADESH** – Class IX and X students were sensitized on Gender Stereotypes and Gender Sensitivity in the 21<sup>st</sup> Century.



**ST. MARY'S DAY & ORPHANAGE SCHOOL DUM DUM** – Class 10

students attended a session on Dealing Effectively with Exam Anxiety.

"I learnt about how harmful anxiety before exams can be, and how to effectively deal with it. I learnt how to keep myself calm before and during a test. I learnt how to manage my fears and tensions and be confident." – *Snehashish Chattopadhyay, Class X*



**TAPTI VALLEY INTERNATIONAL SCHOOL SURAT**

– Students of class 8 empowered with Effective Study Skills to Enhance Reading and Memory.



**NIRMALA ENGLISH SCHOOL, RAJGANGPUR, ORISSA**

Students of classes 9 and 10 were enabled with Effective Learning Methods & Concentration Skills

"Honestly ma'am, this program was really a motivational one. It reduced a lot of stress on which we are struggling. We will really try to do well and follow the paths guided by you. Thank you ma'am for such a programme in our school. and thanks to all your members who have helped you in arranging this". – *Yash Agarwal, Class X*



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# Need-based Youth Outreach Interventions

## St. Paul's School, Rourkela



Year long interventions with students of middle and senior school students at St. Paul's Rourkela focussed on a wide range of issues from Study Skills, Effective Time and Task balancing, Assertiveness Training, Building better Self esteem and Setting SMART Goals. These interactive sessions were designed to enable students to reflect, brainstorm, work in groups, deliberate and debate on pertinent age appropriate issues. A proactive and progressive school like St. Pauls truly understands the need for lifeskills as an integral aspect of holistic education and development in students.

"This session was nice. It taught me to set our goal. Here I learnt that goal is equal to failure. It also increases our self esteem. Our long term success-self, career, attention, career interest management of time and task, responsibilities. From this I realize what education means and what smart phone and laptops and I pads means I think they all are disturbing us. I thank Salony ma'am and Payel Ma'am to show us such a wonderful slideshow wish UMMEED to encourage all the students." - Manas Ranjan Pattanayak, Class - X



## BRCM Group of Institutions, Bahal, Haryana



Students of classes 4-12 were oriented about various topics ranging from managing emotions to memory to bullying to issues of millenium children. They were extremely interactive and receptive throughout the sessions.



BRCM Public School Gyankunj Bahal



"We should never do teasing to a person in excess. The person can become very much angry. We must try to control ourselves. We should not try to become a bully. We must become a proactive bystander. Always try to help the person who is being bullied".

- Kartikey Agarwal, VIII B



BRCM Public School Vidyagram, Bahal



GDC MEMORIAL COLLEGE  
Bahal (Bhiwani) Haryana

*It was a good pleasure to spend time with you. I learnt a lot of things from today's lecture and it inspired me to fight challenges of life with more power to achieve my goal in life. Thankyou Mam.*

"We respect all things like environment, school, parents, teachers. Respect yourself and others. Feel good about someone. Help all. Give everybody respect. To get respect we have to earn respect. When our teacher teaches listen carefully. Respecting rules makes life easy. Respect all our elders, parents, teachers etc".

- Isha Soni, Class VI, Gyankunj







Ummeed advocates that every parent is a natural psychologist with love and aspirations for their child. Each parent tries to give his best to his child. However due to the pace of life, changes in society, influx of social media, excessive distractions, parents need guidance, support and the right information to deal with different developmental stages of children. We as a group of psychologists, not only provide 1 to 1 counselling sessions with parents, but also conduct parenting seminars on contemporary topics to sensitize parents to make informed choices and long term decisions. We believe there's no perfect parent, nor any ideal child. It's a relationship to nurture and grow together.



Contai Public School, West Bengal



HSBC



South Point School Kolkata

In today's fast moving world and environment which obviously is percolating to each and every child in their day to day life, this kind of psychological counselling programmes are very much helpful to analyse positive and negative thinking towards developing our child.

- Goutam Samanta, Parent, South Point School

Before coming to this session we had completely biased idea. I, father of six years old learnt a lot of things such as, parenting, relationship with child, how to handle the child, to inculcate good values to child and good communication with child. Lastly it is an interesting session. Hope if it continued later on it will be beneficial to us & the children also.

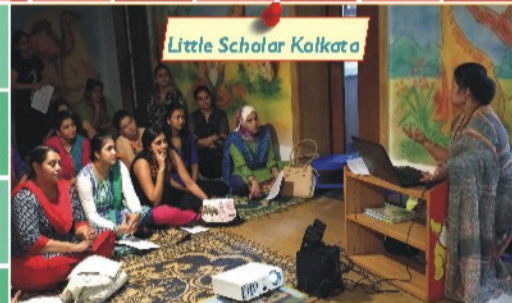
-Santanu Roy Chowdhury, Parent, South Point School



Carmel Durgapur



Birla High School Kolkata



Little Scholar Kolkata

"This session was very helpful. I came to know how to let my child learn things all on her own and not help her all the time, and how to connect with her."

-Paridhi Maloo Parent, Little Scholar



Mahadevi Birla World Academy



Amarpati Lions Citizen Public School Siliguri



# UMEED FOUNDATION



UMEED FOUNDATION

*From Enabling Mainstream children and adolescents to Reaching the Unreached – That is the essence behind creating strength based counselling interventions at Ummeed.*

*Ummeed Foundation enables us to provide need based counselling interventions to less privileged children, some of the organizations which have connected with us are among shelter homes, parallel schools and orphanages in the city.*

*To help us to reach out to more children, All Children's Together Trust and Shantirani Rainbow Home joined us in this endeavour in 2015. With these organizations, Ummeed Foundation has reached out to nearly 250 children in the year 2015 alone, through individual and group counselling, while also having conducted workshops for caregivers, wardens and teachers of these organizations to develop greater empathy to provide holistic emotional and social care to the children from this section of society as well.*



All Children Together Trust



Ekprayaas



Ektara

*"I am very much pleased with this workshop which is organised by Ummeed team. My doubts regarding career were cleared. Positive thoughts were raised in my mind after listening to their words. We learned about Goals, SWOT Analysis, Career, Planning etc. I clearly understand how to utilize time and plan things accordingly. Thus, I am very much thankful to this counselling programme and want to repeat this further in future."* - Nicky Gupta, Student, All Children Together Trust

*"The whole programme was very encouraging and friendly. This session helps us to learn how to live the life and choose a goal and make it successful, and help ourselves to become a learner not a loser and finally winner"*

—Arindam Bhuiya, Student, All Children Together Trust



Jyotirmai Vidya Mandir



*"Ajke ami ei class kore bujhte perechi boroder sonman korte hobe. Boroder sathe mukhe mukhe kotha bolbo na. kichu vul kaj korle borora seta bolle tader stahe mukh na kore sorry chaibo. Ei class ta kore ami onek shikha orjon korechi."*

— Sharmila Roy,  
Shantirani Rainbow Home

*"Ajke ami valo shikha peyechi. Jodi matha gorom hoye jay tahole budhi kore matha thanda kore gola na uchhu kore dhire kotha bolte hobe."*

— Puja Ghosh,  
Shantirani Rainbow Home



Shantirani Rainbow Home



Suryodaya



Glimpses of some major events and platforms where Salony Priya addressed critical issues in HR, Education and Behavioural issues. Some places she was invited as chief guest, at others she was part of the panel discussion and at some others she was the Keynote speaker for the day. Each event was a small step forward to ideate and advocate to build partnership for a more positive, inclusive and sensitive society.

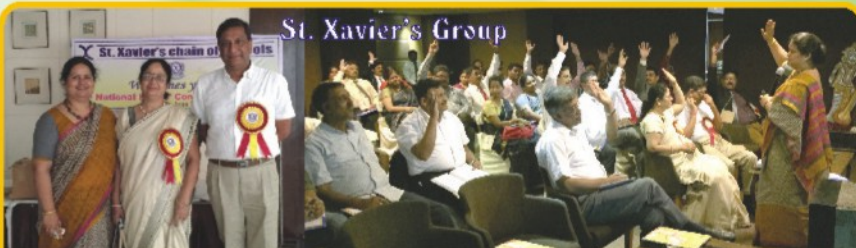
# e v e n t s

## DBMS Golden Jubilee

Chief Guest at the 50<sup>th</sup> Golden Jubilee Celebrations at DBMS School, Jamshedpur



**Sahodiyay Principals Meet** at Ludhiana on Mentoring and Coaching Educational Leaders - Event supported by Bharati Bhavan Publishers



Principals, educators, and administrative personnel being addressed on Progressive schooling wave at the St. Xavier's Chain of Schools, 7th National Heads Conference held at Kolkata



"Is Economy Reviving the common man?" Panel discussion at Calcutta Company Secretary's Function held at Great Eastern Hotel, Kolkata



**Progressive Teachers' Conclave** Panel discussion on "A New Curriculum and Classroom Culture" – at the Progressive Teacher Conclave in its Delhi and Kolkata Chapter. Event Supported by Madhuban Educational Books.



**Empowering Teachers** at the Rashtriya Bhasha Parishad – How counselling can help educators in the classroom, and breaking myths of counselling in the minds of parents.



Ms. Salony Priya with Sr. Cyril Panel discussion at Progressive Teachers' Conclave Kolkata



**Authpur Model School** Chief Guest at Authpur Model School Annual Day



**CICSE teacher empowerment conference** for teachers of ICSE schools in Jharkhand and Bihar on Innovative Classrooms that SPARK

## BASIC COUNSELLING SKILLS, CERTIFICATION OF PASTORAL GUIDES



With Fr. Joseph, Principal St. Pauls Rourkela and Sisters from Carmel Rourkela



**Teacher Empowerment workshop** in association with TATA Motors saw participation from several school in Jamshedpur, wherein the focus was Roles and Responsibilities of Millennium Teachers.



Teachers, Coordinators, Care givers of Sunbeam Group of Institutions Varanasi

Ms. Ruchi Narendran, active driver of social change Tata Steel, felicitating the participants along with Sunil Bhaskaran, VP, TATA STEEL, Jamshedpur



Ummeed Foundation Patrons

Mrs. Atal, Vice Principal,  
The Heritage School, Kolkata

Mr. Myers, Principal, Frank Anthony Public School  
& Ms. Apala Dutta, Principal,  
Mount Litera Zee School, Maheshtala

Mr. S P Das Principal Contai Public School



## सन्मार्ग

07 | मंगलवार, 17 मार्च  
2015, कोलकाता

एक नजर

### 'उम्मीद' अब नये आवरण में

**कोलकाता :** मनोवैज्ञानिक सहयोग प्रदान कर समाज को संगठित करने वाली संस्था 'उम्मीद' अब नये आवरण व कलेवर में प्रस्तुत हो रही है। संस्था के उद्घाटन समारोह में शहर की कई समाजसेवी संस्थाओं व विभिन्न विद्यालयों के प्रतिनिधि मौजूद थे। 'उम्मीद' को संस्थापक सलोनी प्रिया ने नये परिसर में संस्था का शुक्राभ के मौके पर कहा कि संस्था नयी ऊर्जा, जोश, उत्साह व नयी विचारधारा के साथ समाज को जोड़ने का काम करेगी। उत्प्रेक्षणीय है कि सलोनी प्रिया शहर के कई विद्यालयों के साथ उत्तर-पूर्व महाराष्ट्र, बिहार व

## पॉजिटिव क्लास रूम मैनेजमेंट पर कार्यशाला सभी बच्चों के साथ शिक्षक करें समान व्यवहार : सलोनी



साक्षात्कार: सलोनी प्रिया

विद्या भारती चिन्मा विद्यालय, टेलको में शुक्रवार को पॉजिटिव क्लास रूम मैनेजमेंट पर कार्यशाला आयोजित हुई। इसमें सलोनी प्रिया शिक्षक व विद्यार्थियों को सही ढंग से व्यवहार करने के लिए प्रेरित करने के लिए कार्यशाला का आयोजन किया। सलोनी प्रिया ने संस्था के उद्देश्य व संस्था के उद्देश्य को सभी बच्चों के साथ साझा किया।

अकेले ही आए थे हम...  
अकेले ही जाना है...  
जीवन की इस रेल में...  
बस एक दूजे का साथ निभाना है....

अपनी अपनी मंज़िल पर...  
फिर हर राही को उतर जाता है...  
और भीड़ भरी इस रेल में...  
फिर लौटकर नहीं आना है...

अकेले ही आए थे हम...  
अकेले ही जाना है...  
ज़िंदगी का ये सफर...  
बस एक साथ गुज़रना है...

With Love  
Lokesh, Pastoral Guide,  
Sunbeam, Suncity

## शिक्षकों के लिए कार्यशाला आयोजित



## बच्चों की गतिविधियाँ



## वॉलीबाल में कुंजपुरा का कब्जा

बीआरसीएम पब्लिक स्कूल विद्याग्राम में तीन दिवसीय स्पर्धा संपन्न



कुंजपुरा की ओर से कुंजपुरा की टीम ने वॉलीबाल में कुंजपुरा का कब्जा जीता।

## शिक्षकों को बताए कक्षा प्रबंधन के गुर

शिक्षकों को कक्षा प्रबंधन के गुर बताए गए।

## 4 | दैनिक जागरण

## छात्रों के लिए आदर्श बनें शिक्षक

• दिल्ली के छात्रों ने शिक्षकों को आदर्श बनाया

• छात्रों के प्रति सकारात्मक नज़र रखने की सलाह



दिल्ली के छात्रों ने शिक्षकों को आदर्श बनाया। छात्रों के प्रति सकारात्मक नज़र रखने की सलाह दी गई।



Ms. Suvalakshmi Bhattadarya,  
Coordinator, Haryana Vidya Mandir  
& Ms. Anupriya, Coordinator, Ektara



Mr. Nair Chairman KPS Group of Schools  
& Ms. Nandini Shukla, Principal,  
Kerala Samajam School, Jamshedpur



Roshan Pandey,  
Well wisher, UMMEED



Railway Family



# to Rashbehari

Mr. Jaydeep Chitlangia, Patron, Ummeed

Mr. P. D. Goel, Patron, Ummeed

Dr. Sinha, Director,  
BRCM Group of Institutions,  
Bahal Haryana

Mr. H. K. Chaudhury,  
Patron, Ummeed



## लक्ष्य पाने के लिए आत्मविश्वास जरूरी

संवाद सख्योगी, बल्लू : जीवन में बिना आत्मविश्वास के लक्ष्य प्राप्त नहीं किया जा सकता। हमारे संत-गुरुगुरु के जीवन से ऐसी प्रेरणा मिलती है। आत्मविश्वास से ही पूर्ण विद्यार्थी जीवन में सफलता हासिल करती है। इसलिए विद्यार्थी सबसे पहले अपनी दिशा तय करें और निर्धारित लक्ष्य हासिल करने के लिए पूरी मेहनत करें।



लक्ष्य हर पापी के जीवन में अहम रोल अदा करता है तथा इसकी हासिल करने के लिए लगनशीलता के साथ मेहनत करनी चाहिए। यह बात प्रसिद्ध भगवद्गीता के अनुसार है। प्रसिद्ध विद्वानों ने जीविसी मेमोरियल कॉलेज में आयोजित सेमीनार को संबोधित करते हुए कहा। उन्होंने कहा कि शिक्षकों के प्रति सम्मान और सही मार्गदर्शन मिलने पर विद्यार्थी जीवन में कामयाब हो सकता है। बीआरसीएम के निदेशक डॉ. एलके सिन्हा ने कहा कि कोई भी लक्ष्य बड़ा नहीं होता। लक्ष्य प्राप्त करने और जीवन में कामयाब होने के लिए विद्यार्थी को सही मार्गदर्शन, कड़ी मेहनत और समय के साथ अपटेड रहने की जरूरत है। कॉलेज के प्राचार्य ने आभार व्यक्त करते हुए कहा कि

जीविसी मेमोरियल कॉलेज में विद्यार्थियों को जानकारी देते डॉ. सलानी प्रिया।

किया और स्मृति चिह्न पेट कर सम्मानित किया। इस अवसर पर उपस्थित डॉ. प्रवीण कुमार गौड़, राजेश्वर अभिनव कौशिक, सुनील, डॉ. ज्योति, डॉ. पुनम सांगवान, डॉ. सुकेस अर्घा, डॉ. मनोज कुमार, विवेक कुमार, डॉ. मोनिका, विनोद सोनी, दुष्कर्म



Founding Members of Ek Prayas

Principal, Mrs. Kakoli Ghosh and Team  
from Lions Calcutta Greater Vidya Mandir

Team from Mount Litera,  
Zee School, Howrah

Ek Prayas Team



# Champions taking forward social and emotional wellness – creating Ummeed in their institutions



Rita Wilson Editor,  
Progressive Teacher Magazine



Sr. Phyllis, Principal,  
Presentation Convent,  
Srinagar



Mr. Myers, Principal, The Frank  
Anthony Public School, Kolkata



Mr. Damani, Founder M.P. Birla Foundation,  
South Point School, Kolkata

## Guidance & Counselling services offered at 'UMMEED' for Children, Adults & Family

- ACADEMIC PROBLEMS ATTENTION & CONCENTRATION ISSUES
- ADJUSTMENT ISSUES & RELATIONSHIP CONFLICTS
- STRESS, ANXIETY, PHOBIAS & TRAUMA
- MARITAL & PREMARITAL PROBLEMS
- CAREER GUIDANCE & COUNSELLING
- ADDICTIONS & SUBSTANCE ABUSE
- PARENTAL ISSUES-GUIDANCE
- PERSONALITY DISORDER



Fr. James, Principal, Carmel School,  
Una, Himachal Pradesh



Sr. Reshmi, Principal,  
Carmel Senior Secondary School,  
Port Blair



Sunita Sinha, Principal,  
Gulmohar School,  
Jamshedpur



Sr. Deeksha, Principal  
Mt. Carmel School, Rourkela



Fr. Mani Mathews, St Thomas, Ranchi



Ms. Ruchi Narendran,  
active driver of social change Tata Steel



Mrs. Sapru, Principal &  
Mrs. Atal, Vice Principal,  
The Heritage School, Kolkata



Mr. Ami Singh,  
Head of Manufacturing  
Support Services, Tata Motors

Fr. Joseph, SDV, Principal, St. Paul's, Rourkela

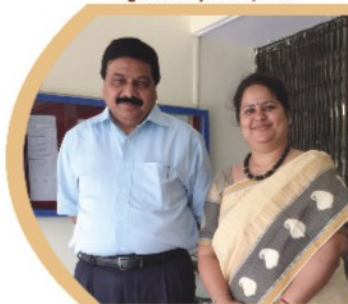


Mr. Malviya, Director,  
Agarwal Vidya Vihar, Surat

Fr. James, Principal, Mount Carmel, Palampur



Lovleen Saigal, Headmistress,  
Birla High School for Boys Kolkata



Fr. Kanikkai, Principal  
Holy Cross Agartala



Amrita Burman, Dy Director  
Sunbeam Group of Institutions Varanasi



**Dr. Anindita Chatterjee**  
Headmistress  
Carmel Sr. Sec. School, Una

"A Visionary is a leader of excellence who sees what others do not see, who achieves their own and plans for the future, who positively impacts different generations and raises up other visionaries." These words most aptly describe the visionary we have amongst us today Mrs. Salony our resource person.

