



Counselling & Consulting Services

Happy New Year 2017

UMMEED



UMMEED FOUNDATION

Creating Possibilities



Develop

Cope

Adapt

Change

Learn

The year 2016 made us see impact of positive psychology in many facets of life. As you turn these pages, it will help you to take this journey with Ummeed, where we enabled communities in educational institutions as well as in corporate organisations, empowered people by building belief as well as skills and most importantly established sustainable systems in institutions for social and emotional WELLNESS. Happy to share Advocacy about Counselling skills from self development perspective is accepted widely today and it is establishing importance of wholistic balance. We continue reaching out to large populace enhancing Quality of life. Stay inspired, stay energized! May Ummeed be with you always. Have a fulfilling 2017!



Mental well being



Positive Psychology



Capacity building



ENABLE



EMPOWER



ENERGIZE



EVENTS

Sahodaya CBSC Principals Conference



Skill building focus for educators



22nd NATIONAL ANNUAL SAHODAYA CONFERENCE HOSTED BY ABHYUDAYA HELD ON THE 21ST TO 23rd OCTOBER, 2016 AT RAIPUR.

9th NATIONAL HEADS' CONFERENCE OF St. XAVIERS GROUP IN ARAKU, A.P.



A SESSION ON VISION & GOAL SETTING FOR EDUCATIONAL LEADERS TO TAKE THEIR 43 SCHOOLS ON PATH OF SOCIAL & EMOTIONAL WELLNESS.

BHAVANS VII AII INDIA PRINCIPALS CONFERENCE



"Visionaries for Tomorrow" – a session with the principals and heads of Bhavan's Secondary and Senior Secondary Schools on social & emotional wellness was held at Bhavan's Gangabux Kanoria Vidya Mandir, Kolkata.



"Today's session was a wonderful one where all of us were offered an opportunity to think and take things from a different perspective especially from the shoes of kids. Thank you for awakening us from our 'sleeps'. Thanks to Salony ma'am and her wonderful team." - Supriya.N, Kerala

"A session to learn real life long experience. Hope this experience will wake us better than earlier. Education system in our country needs motivator like Salony Priya." - A.K.Dubey, MP

"Very thought provoking, interactive and interesting session. Your case studies were very genuine and touched our hearts." - Priyadarshini Kachhwaha, Jaipur

"One of the best, enjoying more, absolutely inspiring." - Elizabeth Vaison, Goa

GOOD CITIZENSHIP TEACHERS IMPERATIVE, LOYOLA, JHAMSHEDPUR



Core team of ICSC Schools Association in Jharkhand



Rotary Club of Calcutta felicitated Salony Priya on the occasion of International Womens' Day



The Rotarians of Calcutta celebrated World Disability Day in collaboration with UMEED Foundation

UMMEED continuously reaching new horizons connecting diversities and advocating populace at large.

Mentoring Eduserve Sunbeam Core Management team



Core team of Sunbeam undertook a vision building exercise with emphasis on Emotional Intelligence & Leadership styles. A comprehensive psychometric exercise was done as part of coaching & mentoring, focus was on understanding their strengths, stress index as well as interpersonal skills.

Training Officers from Govt. Sectors



Stress management psychologist's perspective, creating self awareness and helping officer's to build performing team using empathy at administrative training institute, kolkata.

"Salony's session was highly appreciated for its energy and application to real life scenario" - G.H. Khanra

EQ & COMPETENCY TRAINING AT PRICE WATER HOUSE COOPERS, KOLKATA



Ummeed conducted a session on positive psychological framework to address Emotional Intelligence issues for middle level managers at PWC.

INSPIRATION EDUCATORS MIND MINGLE AT IIM AHMEDABAD



An inspiring event "Mind Mingles" was organised by IIM Ahmedabad where Ms. Salony Priya was invited. How future of schools will be in india was discussed by eminent speakers and educators from all across the nation.



Celebrating Students's Success At Carmel Rourkela
Salony Ma'am with Sister Diksha, Principal



Self Management Skill Building Workshop
at Vikram Solar



IISD PANEL DISCUSSION
Equipping students for Career Choices



Basic Counselling Skills

For Educators, Counselors, Social Workers
& Allied Professionals

- Positive healing enabling
- Tabboo of counseling eradicated
- Guidance and counseling skill sets developed
- Understanding behaviour iceberg
- Readiness for lifeskills counseling
- Insight into sexuality and critical adolescent behaviour
- Gender sensitisation
- Strategies to combat BULLYING, AGGRESSION and ADDICTION
- Strategies to reduce self harm ideation



Certifications



FRANK ANTHONY PUBLIC SCHOOL
KOLKATA



ST. PAULS SCHOOL
ROURKELA



SOUTH POINT SCHOOL
KOLKATA



SUNBEAM SCHOOL
MUGHALSARAI



SUNBEAM SCHOOL
VARANASI



SOCIAL WORKERS & EDUCATORS
AT UMMEED COUNSELLING & CONSULTING SERVICES

UMMEED COUNSELLING & CONSULTING SERVICES

Educators and professionals have come to **UMMEED** to attend a course on basic counselling skills. To understand the children and adolescent issues of this new age. To learn ways to handle them and create an environment where they'll cope better. This course aims to understand social issues better and strive for a better future. Through this course they will be equipped with tools to utilize positive psychology in today's world.

"It was my privilege to be a part of this prestigious institution & being guided by such wonderful resource persons, counselors and the entire team of Ummeed and most importantly Salony Ma'am who was there with me through my entire journey. I have learnt a lot, apart from the theoretical experience; I was able to apply it practically and learned the skills relating to it. The course gave me insight into different aspects of counselling. Therefore, I would like to thank each and everyone in Ummeed! – **Sabrina Behera**



"The BCS course that I have done at Ummeed has been an eye opener to the world of reality. I had always been interested in Counselling & as luck would have had it, I had the good fortune of meeting Ms. Salony Priya. I cannot forget the sessions conducted by Salony mam. With her busy schedule she would still manage time to come to our sessions and we would all wait for her. My peers would say, "Oh! Its Salony mam's session tomorrow. Then we must make it." And without exaggeration I can say that those were wonderful moments of learning, fun and laughter. She explained with a lot of examples from her own experience and as examples always enhance learning and prevent forgetting, it really added spice to the food for thought". – **VEENA PODDAR**



Basic Counseling Skills course aim is to help teachers understand themselves better and work on self before stepping into the counselor's shoes. This is achieved not by teaching formal theories propounded by psychologists; but by creating awareness and developing better insight about why adolescents show academic or behavioral problems.



SOUTH POINT SCHOOL, KOLKATA

As we enter our second year of collaboration with South Point School in May, 2016, we aim to train and empower 30 teachers with the vigour and passion to understand basic counselling skills and develop as pastoral guides.

"I would like to express my gratitude to the Almighty for enabling me to complete this wonderful journey with my friends. The enriching and fulfilling sessions have helped me to probe and respond to life and humanity with empathy."

- Soma Mazumder

"The dark tunnels of the human mind seem to be quite illuminated by the guiding light of Team Ummeed and the able guidance of Salony Ma'am. Here's a pledge to take the journey forward, lighting up the young minds with courage, determination and hope. Thanks for opening up a new horizon before us. It is time to colour it bright with the seven colours of the rainbow"

- Tamali Ghosh.



GEMS AKADEMIYA INTERNATIONAL SCHOOL

In keeping with the vision of 'Growing by learning' and 'Pursuing Excellence' in GEMS Akademia, the Basic Counselling Skills Course has been introduced in August, 2016. Over 30 educators join hands with Ummeed to work towards developing socio-emotional wellbeing in children through sensitization, training and skill development of caring educators.

"This was a very positive experience for me. Workshops are generally boring, this was an exception. Thank you Salony Ma'am."

- Debleena Tripathi

"Three key areas of learning are how to understand children, to be firm and not loud with them and it is important to give them a feeling of security. It was a lifetime experience in one afternoon."

- Padmini Chatterjee



SUNBEAM VARANASI

The continued faith in Ummeed reiterated by the core group of 6 schools under the Sunbeam banner, namely Sunbeam Bhagwanpur, Varuna, Lahartara, Annapurna, Indranagar and Suncity serve as our source of determination and strength. The group of over 50 educators are keen to develop their skills in counselling and provide continued guidance while focusing on social-emotional development of the students.

"Salony Ma'am you are not only our teacher, rather, you are friend, philosopher and guide, all molded into one person. We will always be grateful to you for your support".

- Shivendra Nath Sharma.

"Thanks Ma'am and our small family of pastoral guides. We all together have tried to solve the same problem and get training. Our process of learning will continue after this session also. I hope we succeed. Our last pastoral was very emotional where we all came to know how we are important to our family".

- Neetu Singh



FRANK ANTHONY PUBLIC SCHOOL, KOLKATA

The Frank Anthony Public School realizes that the need of the hour is to inculcate in the teaching community, a deeper understanding of social and emotional needs in children and adolescents, in order to provide a stronger and more sustaining scaffolding support. The third batch of pastoral guides begins their journey to hone their skills in empathy. Understanding adolescent needs to care and connect better with young minds.

The use of role plays at our sessions is to implement active listening Skills We went through the truthiness and Dryden definition of counselling as well as the micro skills. The most interesting part of the session was on the needs of adolescents as they seek identity, look for acceptance and want independence." - Sherry Beaucasin.

"Today's session was very good. So many questions were answered and most importantly we understood. The role play being revised once again, actually made it clear as to how we must conduct ourselves as a counsellor."

- Amar Pradhan

SUNBEAM MUGHALSARAI



Basic counselling skills programme has been a great success at Sunbeam School Mughalsarai where a group of educators were trained as pastoral guides and certified on completion of the course.

Experiential Learning



COUNSELLING ROLE-PLAY



ACTIVE LISTENING



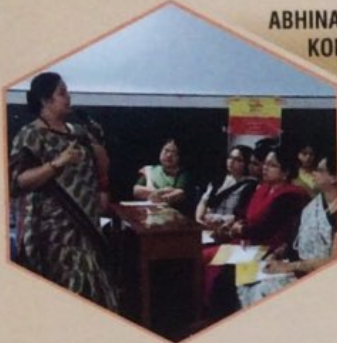
IN COUNSELLOR'S SHOES



BUILDING EMPATHY

EMPOWERING EDUCATORS

**ABHINAV BHARTI
KOLKATA**



"Today in the session I learnt 'The call to change ourselves, overcome our mindsets, keep in mind that even if I am teaching a class, each child is unique, his learning pattern is unique.'
- Nivedita Guha

**BHAWANS GANGABUX KANORIYA
VIDYA MANDIR
KOLKATA**



"I have learnt many soft skills meant for class control, I became aware of many behavioural problems and learnt to assess children on many other skills apart from studies. I will try to be a helper, a better guide to children as well as parents."
-Sudeshna Mazumder,

**BIRLA HIGH SCHOOL
KOLKATA**

"The key learning from today's workshop was that it helped us reiterate things which we know but sometimes forget. Spectrum of Right To Education and POCSO laws dealt sensitively by Team Ummeed."
- Loveleen Saigal (Headmistress)



**CENTRAL POINT SCHOOL
SODEPUR**



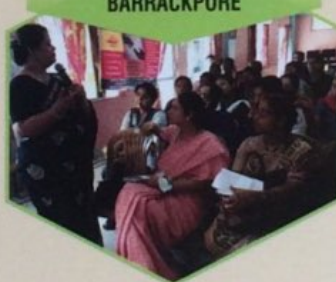
**MOUNT LITERA ZEE SCHOOL
CONTAI**



**DAV
DURGAPUR**



**DOUGHLAS MEMORIAL SCHOOL
BARRACKPORE**



BETHEL GODA



**ST. PAUL MISSION SCHOOL
KOLKATA**

"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 "
- Steve C.L.Pope.



**DESOUZA SCHOOL
ROURKELA**

Today I understood that listening to the students problems is our first priority and trying to solve the problem. We should try to teach them what one believes and give examples of great answers."
-Mr. Pradip Kumar Rout



**DELHI PUBLIC SCHOOL
GAYA**



DAV MODEL SCHOOL WB Zone - Durgapur, Asansol, Raniganj, Midnapore, Kharagpur, Madhogarh, Balurghat, Bankura.



Ummeed enhances skills of educators with psychological concepts, to address mental issues of children. We believe each educator has the power to mould the personality of childrens' multiple intelligences & address adolescents' social & emotional issues in the classroom.

ST.SOLDIERS SCHOOL
JALANDHAR



MANAV MANGAL
CHANDIGARH



ST. XAVIERS
BILASPUR



"3areas of key learning from today's session is to be a good listener, to see the students with a new vision, to be a good teacher."
- Varsha Chawda (Bilaspur).

MOUNT. CARMEL
HOSHIYARPUR



B.M.C.
Ludhiana

"Today's workshop proved very productive. I have learnt a lot, how to deal with special children, & every individual have to be dealt at an individual level. Emotional factors plays an important role. Thank you ma'am."
(TEACHERS SPEAK)



ST.XAVIERS SCHOOL
RAYGADA



TAPTI VALLEY SCHOOL
SURAT



ST.MARYS
NEW DELHI



ST.XAVIERS
BEHRAMPORE



"A highlight for me in this workshop was class management, motivation, rewards and fun methods of teaching, 99 ways to say Very Good."
- Subhasree Das (Behrampore).

TECHNO INDIA
SILIGURI



ST. THOMAS
RANCHI



TAURIAN WORLD SCHOOL
RANCHI



Salony Ma'am is very communicative and the real life experiences she discusses help us to think about the problems of children in a different perspective"
-Rhettika Dutta.

SACRED HEART
SILIGURI



"From this workshop my learning have been that Patience, Uderstanding and Encouragement are key features to focus on the child's strength rather than weaknesses.
- Craig Reynolds.

JULIEN DAY SCHOOL
CALCUTTA



Workshop with Educators at Julien Day School, Howrah conducted by Dr. Anindita Chatterjee on Intellectual, Behavioral and Developmental Difficulties in children.

UMMEED PARTNER SCHOOLS

FRANK ANTHONY PUBLIC SCHOOL

As we stepped into our 6th year, our partnership with Educational institutions for need based holistic interventions have only strengthened over time. One of our oldest and coveted partner schools, The Frank Anthony Public School Kolkata, realizes that the need of the hour is to inculcate in the teaching community, a deeper understanding of social and emotional needs in children and adolescents, in order to provide a stronger and more sustaining scaffolding support.

Our year round holistic need based interventions this year has covered: Workshop for educators to build positive discipline techniques in the classroom. Development of skills among teachers to extend care, support and connect to the adolescents for social and emotional well-being. Orientation for parents of the junior section and special education for children with learning difficulties. Lifeskill sessions on 'Respect & Responsibility' and 'Diversity in differences'.

SPRIHA PATRANOBIS

HEAD OF SCHOOL PROJECTS AT UMMEED



"We have been fortunate to have the services of Ms. Salony Priya.

Their counselling, training in basic counselling skills for educator parenting workshops and other intervention programmes have all gone a long way in ensuring that the school community functions in a holistic manner."

- I.T. Myers (Principal)



MOUNT LITERA ZEE SCHOOL, MAHESHTALA



As we enter the second year of our collaboration with Mount Litera Zee School, Maheshtala, the focus of our interventions has incorporated not just life skill training of children but also empowering educators and building a healthy collaboration between parents, teachers and students.

The life skills sessions held with students included dealing with interpersonal relationships (class 6) and respecting differences (class 8).

An insight-oriented session was conducted with the educators on 'Sexuality' to become more aware and gain a better understanding of it thereby imparting knowledge to the students.

Session was conducted on the 'Art and Science of Parenting using a Balance of Love and Logic' for the parents of junior and middle school.

SMRTI JAIN, COUNSELLOR



MOUNT LITERA ZEE SCHOOL, HOWRAH

My association with Mount Litera Zee School, Howrah began in June, 2016. The experience has been invigorating and insightful. The opportunity to work with children and adolescents as well as empower the future of our nation has been exhilarating. Some of the work include: Primary issues addressed in the one on one counselling sessions held with the students include study skills, memory and concentration improvement strategies, dealing with interpersonal relationships in the school and home front, dealing with anger and aggression, coping with bullying and better time management.

Life skills sessions held with the students, concepts such as boundaries in relationships (class 5), respecting individual differences and cohabitation (hostel students), handling bullying (classes 6-9), respecting women (class 6-9) were discussed. Dr. Anindita Chatterjee, Clinical Psychologist and consultant at Ummeed also conducted a session with the teachers on how to identify and deal with students with learning difficulties.

SMRTI JAIN, COUNSELLOR



HARYANA VIDYA MANDIR

I have been working at Ummeed as a Counsellor and Life skill trainer since October 2014 and my experience has been extremely enriching due to the wide exposure I received. My association with Hariyana Vidya Mandir gave me an insight about the partnership between parents and teacher.

Orientation of parents to help them understand appropriate parenting style and disciplining techniques for their children, Life skill sessions for students of all classes based on their age appropriate topics like Internet addiction, Building positive peer relationship and Interpersonal relationship with the students of class VIII, VII and X respectively, Workshop for enabling young minds of class VI, VII and VIII to overcome exam anxiety through relaxation and other techniques & Capacity building workshop for educators and parents.

SARBANI SAMANTA, Sr. COUNSELLOR



With positive psychology framework, counsellors & social workers at UMMEED work closely with educational institutions empowering all stakeholders, that is, parents, teachers, students & management. Psycho-education as our major thrust, we have empowered the educators to act as sensitive caregivers, conducted sessions for 6-18yrs and created positive parenting platforms. This wholistic year round continuous intervention has made our partner schools more socially aware and sensitive.



LIONS CALCUTTA GREATER VIDYA MANDIR

In collaboration with LIONS for last 4 years, Ummeed has been instrumental in creating a space for effective collaboration between the stakeholders in the education system, namely educators, parents and students, for enabling overall development of the students.

Session was also held to educate the teachers about special needs of a few children by orienting them towards learning disabilities and how to deal with students having such difficulties.

Several life skills sessions have been conducted for building memory skills (class 5), aiding the learning process (class 2), Imparting knowledge about good and bad touch (class 3), goal setting (class 6) in students.

Workshop on parents which helped to sensitize parents regarding effective ways to handle their child and to develop healthy relationship with their children.

SARBANI SAMANTA & VEENA PODDAR - Counsellor



THE HERITAGE SCHOOL, KOLKATA



At the Heritage School counselling support students is an on going process catering to life skill issues as well as one to one counselling to enhance academic performance and to cope with their personal life. Teachers was empowered and sensitized about child's psyche & adolescent issues on a regular bases. Parents as partners orienting them to understand their role with time. - Salony Priya



GEMS AKADEMIA INTERNATIONAL SCHOOL



Enabling educators to create more wholistic carrying and growth opportunities for their children in the care using Ummeed positive psychological system. Life Skills session being done for students to accepted challenges of transition and pursue carrier goes. A group of senior teachers being mentored to act as pastoral guides to students.

BHAWANIPUR GUJARATI EDUCATION SOCIETY, KOLKATA



At the Bhawanipore Gujarati Education Society, the focus is on Individual Counselling for Social, Emotional and Academic Enhancement. In a short span of time, the students, teachers and parents community have become very accepting and responsive of counselling interventions. Most common areas of concern range from handling distractions, study skills, peer teasing and self esteem.

SPIRHA PATRANOBIS



Mr. Brij Bhushan Singh, Headmaster
BHAWANIPUR GUJARATI EDUCATION SOCIETY SCHOOL
KOLKATA



HOLY ANGELS, RAJPURA



Ummeed Intervention with the teachers & parents at Holy Angels Rajpura focused on wide range of issues such as innovation in teaching, understanding the learning style of children, adopting to positive disciplining methods etc. Workshop for sensitizing parents on adolescent parenting was attended by 1000 parents of students from class IV to X.

"Mam your power to sustain interest & attention, your sense of humour, your positive approach, your power to connect to people & touch lives made at a fantastic experience. A big thank you & best wishes for your future endeavours."

Aashu Sofat (Co-ordinator) Holy Angels.



JULIEN DAY, HOWRAH



"Salony Mam thank you so much for the marvellous, stupendous parents orientation programme about good parenting. It was truly very enriching and beneficial to those who were present".

Clinton Ashley Sullivan (Principal) Julian Day School, Howrah

AGARWAL VIDYA VIHAR



Motivating educators to adopt more scientific & interesting ways to teach children with respect to the developmental milestone.

"The workshop was very interesting. Salony Mam taught us how to build relations between teachers & students. Her speech was extra ordinary and will certainly help us in our profession"

Chandni Vankawala

SUNBEAM MUGHALSARAI



Empowering Educators, Life Skills for students on addiction gaming, compulsive choice and world of temptation and sensitizing parents on the art & science of positive parenting.

"Today's session was an eye-opener for me because I think I am also an addict of social media. After this session I will try to work to conquer my addiction and become free of it."

Yashraj Singh (Student)



SUPPORTS PROJECT UNDER TAKEN IN 2016

TATA NOAMUNDI



*"Excellent Interventions by
UMMEED,
want you to come again & again"*
Mr. Pankaj Satija, QMR

*"I learnt how to change according to
the students, how to motivate the
children and how to create interest and
a conducive environment for learning".*
**Tarun Kumar Mishra
(Principal, Tata DAV Public School).**



Mr. Pankaj Satija, QMR



**Parenting the officer's wives
at Noamundi Club**

STEEL PROJECT AT TATA SUKINDA



**SWATHI-LOVE & LOGIC IN PARENTING
CORE GROUP FORCE BEHIND POSITIVE
PSYCHOLOGY INITIATIVES**

*"We learnt to disciplin9 ourselves and not
to lose hope but learn from our mistakes.
We saw may interesting stories which is
very inspiring. We learnt to use internet
in a proper way."*

MOKSHYA P BEHRA(STUDENT)

*"I feel so happy to meet Salony Madam
at the session on life skills, empowering
young minds. We learnt many things
about our future which gives us ideas
about how to succeed in life. We were
also attracted by so many good videos
which we have never seen before."*

SUJAL KUMAR PRADHAN (STUDENT)



Life Skills Stewart School, Sukinda



SARVA SHIKSHA PRASAR KENDRA TATA MOTORS - CSR INITIATIVE



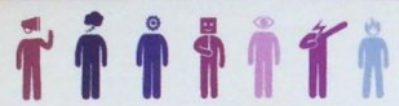
**Mr. Vishwa Mohan Prasad
Divisional Manager
CSR & AA, Tata Motors**



**Capacity building for educators of
Govt. Schools in Jharkhand**



HOW DO YOU WANT TO FEEL TODAY? LIFE SKILLS EMPOWERING YOUNG MINDS



More & more educational institutions have been a part of life skills development for students from age 6 to 18 years. Topics vary from study skills, goal setting, building good peer relations, appreciating differences, reducing bullying to gender sensitivity, sexuality & career guidance.

ST.KARENS, PATNA

EMPOWERING YOUTH TO
SHAPE LIFE GOALS,
DEVELOP SELF-IMAGE
AND IMPORTANCE OF
TIME MANAGEMENT.



ST. PAULS SHOOLS ROURKELA

INTERPERSONAL
RELATIONSHIP,
LEARNING TO COEXIST

'LET'S LEARN' FOR CLASSES 8, 9, 10 & 11



My real problem was that I was getting addicted to certain drinks and tobacco etc. You session has helped me a lot to change myself and have to increase my confidence. By this I am now confident enough that I can leave this type of habits.

- Student's Speak

Feeling very confident that how to deal with the world, felt very happy, confidence level increased by the Johari Window and came to the things to know that can make me an ideal one, came to know the results of addiction & now it affects our life.

- Aditiya Agarwal

CALCUTTA INTERNATIONAL SCHOOL



Strategies to prevent Addiction



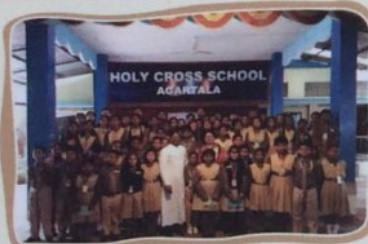
"It was an extremely innovative and identify myself, who I am, what are my making me realise my true potential". -

HOLY CHILD AUXILIUM SCHOOL, NEW DELHI

Empowering Young Minds with Life Skills
combating Aggression & Addiction



interactive session. It has truly helped me to abilities. I am really grateful to Salony Priya for Manvi Jindal



SESSION ON MOTIVATIONAL
CAREER GUIDANCE
AND
STUDY SKILL
ENHANCEMENT

HOLY CROSS, AGARTALA

LOYOLA SCHOOL BHUBANESHWAR

"YOUTH READY FOR LIFE"

Thank you Ma'am for such a beautiful session and lovely ideas about life. Knowledge about our abilities and failure. I personally learned a lot and wish to make a cleaner view for life and futures.



M.C KEJRIWAL



DISCUSSION ON
FREEDOM Vs LIMITS
AT
GURUKUL SANSKRITI
GUWAHATI



3-A MODEL TO ADDRESS ADOLESCENT ANGUISH-AGGRESSION...ADDICTION...ABUSE. "THE MILLENNIUM KID TURNS 16!"



On 27th July 2016, Educators and Allied Professionals from the leading schools of Kolkata came together and joined hands with UMMEED for an advocacy event that discussed at length the Changing Lifestyles of Adolescents in the present age. Ms. Salony Priya was the Resource Person of the event which was held at Park Plaza Hotel. 3 aspects of extreme behaviour in Adolescents, that lead to impulsive actions on their part which may have dire consequences, were analyzed - Aggression, Addiction and Abuse.

Some of the key speakers of the evening included - Ms. USHA CHAUJER, an Educator, an Activist and Expert in Special Needs of Children for over 40 years; Mr. IAN MYERS, Principal of Frank Anthony School, Kolkata; Mr. DAMANI, Trustee of South High School, Kolkata; Mr. LAWRENCE HARTNETT, Gems Akademia International School, Kolkata and a varied diaspora of speakers who graced the occasion by their multidimensional perspective.

Some of the key learnings from the session were



- The need to understand adolescent problems and change or modify our thoughts and mentality.
- Ways to deal and control their aggression, anger, abuse.
- The need to move with the time and equip ourselves with the skills to help our children as educators.
- Importance of transforming the negative energy into creativity thereby bridging the gap between the adolescent and adults.



"Salony mam your session really was something. At the cost of sounding dramatic I have to say that generations will be indebted to you. Your unique and amazing insight and take on situations which all of us as educators are handling on a regular basis is overwhelming and I intend to make the most of that learning."

- Anita Brooks, Mount Litera Zee School Joka.

"Principals, counsellors, special educators coming together Ummeed platform, breaking barriers building bridges! Thank you Ma'am for providing an excellent platform for experience and exposure at your conclave". - Ms Kakoli Ghosh, Principal, Lions Calcutta Greater Vidya Mandir, Kolkata.

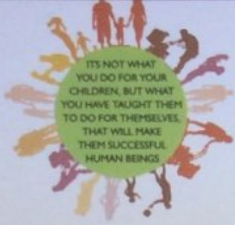
"Salony, I continue to ponder over yesterday's session. Indeed at the end of the day touching lives with love, matters most. Hats off to you and your team". - Philomena Gosalvez, Techno India Group of Schools, Kolaghat.

"Thank you for being who you are Ma'am. Big salute for the initiative you are taking Ma'am. Hoping to see you soon." - Suraj Tamang, Sacred Heart Siliguri.

"In this session, I learnt how teachers should be equipped with principles of psychological intervention. The topics which emphasized how abuse is not just physical but has an immense impact on mental health remained very relevant. We must recharge our inner soul when we are drained off our energy. Usha Ma'am was very impressive in her talk. I would like Ummeed to address emotional needs of school going children."

- Anamika Dasgupta, Ektara NGO for girl child.





THE ART AND SCIENCE OF PARENTING

Nurture

Balance

Love

Logic

Proactive

Support

ENABLE EMPOWER ENERGIZE

Members Lions Citizens Club, Siliguri



Parenting Challenges, Strategies & Concepts for Adolescent Issues

"It was a very good session, very informative. I have learnt a lot. Thank you and I will surely work on it" - Renuka Gupta

"I loved this session. it gave us a lot of inputs as to how to nurture the child. situations you described is what we have been doing. thank you so much for guiding us." - Rashi Tulsyan

Helping each parent to feel you are the best educator & guide to your child irrespective of their age, education & gender, has been the essence of parenting skill building sensitization initiative of UMMEED.

LITTLE SCHOLAR, KOLKATA



GULMOHAR SCHOOL, JAMSHEDPUR



"It was extremely effective interactive session which made parents see a larger gamete of socio-emotional factors shaping children. Parents & Educators came together as partners." - Sunita Sinha (Principal), Gulmohar School, Jamshedpur

CALCUTTA INTERNATIONAL SCHOOL

"Thank you Salony for bringing new perspectives & insight into guidance & counselling for parents & students. Your talk helped us on deeper understanding of issues of communication" - Munmun Nath (Sr. Principal) Calcutta International School.



LORETO BOWBAZAR, KOLKATA



Positive Parenting to teens

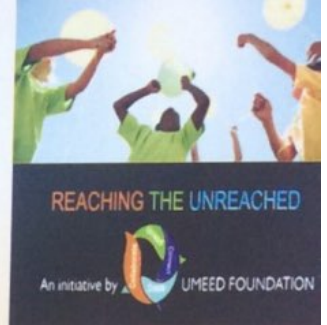
UMMEED CELEBRATING MOTHERHOOD ON WOMENS DAY WITH AIRTEL



Parenting in the new millennium - Challenges of working mothers



UMEED FOUNDATION



HOPE FOUNDATION



Brainstorming session on the definition of life skills aimed at self development, strategies to improve memory through reading & writing, use of maps diagrams & keywords in order to make studying more effective were extensively discussed at the workshop.

Pinki Banerjee, Life Skills Trainer

EK PRAYAAS



SENSITIZING THE STAFFS OF EKPRAYAS & JYOTIRMAYI VIDYA MANDIR

Sessions conducted at Ek Prayaas were on issues of discipline towards self, classroom & home; Individual and Group Counselling to address behavioral issues such as restlessness, poor academic progress and lack of concentration. Parents were also counseled from time to time to sensitize them towards the physical and emotional needs of the children.

– Sarbani Samanta, Senior Counsellor at UMMEED.

TORPA, RANCHI



SENSITIZING TEACHERS & PARENTS AT TORPA BALNIKETAN



PINKI'S FAREWELL



UMMEED IN HOUSE TEAM



SPRIHA PATRANOBIS
HEAD OF SCHOOL PROJECTS



SARBANI SAMANTA
SR. COUNSELLOR



SMRITI JAIN
COUNSELLOR



SHREYA GHOSH
COUNSELLOR



SUNANDINI MUKHERJEE
TRAINEE COUNSELLOR



VEENA PODDAR
COUNSELLOR



ABIRA NASKAR
OFF. EXECUTIVE



DR. ANINDITA CHATTERJEE

Incharge of Psychometric Assessment at UMMEED. Dr.Chatterjee is a PhD. in Clinical Psychology working in various capacities for the last 22 years. She is also a Consultant Psychologist at the Apollo Gleneagles Hospital, Peerless Hospital & B.K.Roy Institute in Kolkata.



Mrs. ANASUYA DASGUPTA

She is a Consultant Psychologist & Trainer at UMMEED & an ex-professor at Amity University of Applied Psychology. She has 25 yrs of experience with stress management, emotional intelligence and role effectiveness with corporate and public sectors.



Mrs. SASWATI ROY

She is a Consultant Special Educator at UMMEED, specialized in teaching children with special needs. She teaches at Sushila Birla Girls' School, Kolkata for the past 10 years and has attended several workshops on Learning Disability, Autism and Inclusive Education.



Mrs. PARAMITA BOSE

Consulting Special Educator at UMMEED, works closely with small groups of students, providing need based support for academic skills and remedial teaching at Frank Anthony Public School, Kolkata. Ms. Bose also integrates her interventions by enabling teachers to understand signs and symptoms to identify children with learning difficulty early on and enabling parents to better understand the learning needs of their wards.



MRS. KASTURI MUKHERJEE

She is a Senior Consultant & Counselling Supervisor at UMMEED. Mrs. Mukherjee is an MSc. in Applied Psychology, Human Resource Development & Organizational Counselling. She has also conducted awareness programmes on mental health issues in different colleges for more than 15 years.



AMBIKA BURMAN

Ummeed means a ray of hope and I learnt the true meaning of it working as an intern here, when people dedicate themselves to help others to move in a positive direction and do their bit to make every child count and make them feel worthy by indulging in helping them. As an intern, it was a journey I began towards strengthening my aspiration and therefore be a part of Ummeed and work under the loving shadow of Ms. Salony Priya. I had the privilege to attend a parenting workshops conducted by Ms. Salony Priya at Ummeed Centre. It was a whole new platform for me to understand the various problems, parents face with their children. I also attended the Basic Counseling Skills workshop as a facilitator at various esteemed schools in Kolkata. To sum up my experience at Ummeed was very different and it also helped me to have a stronger bond with Psychology as a subject. I would also like to thank my mentor Ms. Spriha for being my guiding light making this short but enriching experience a memory to remember and cherish.

POOJA CHATTERJEE - M.SC. HUMAN DEVELOPMENT, J.D.BIRLA INSTITUTE.



My 6 weeks of internship at Ummeed has been a very enjoyable and learning experience. It has helped me to look a little deeper into the feelings of people. Our work experience here has been informative and helped us understand the needs of the people better. It was informative to develop content on relevant topics like, 'POSITIVE DISCIPLINING FOR CHILDREN AND ADOLESCENTS' and 'LEARNING CONCERNS IN CHILDREN AND ADOLESCENTS', to developing case studies for enhancing our insight into a child and adolescent behaviour, we have been provided with a variety of exposure at Ummeed. We have attended In-house sessions with senior counselors, clinical psychologists and special educators, who talked about topics like *self-harm*, *addiction*, *grief*. In their sessions, we would have discussions on various cases and would be helped to understand how to deal with it.

SHREYAH MANTRI - M.SC. HUMAN DEVELOPMENT, J.D.BIRLA INSTITUTE.



Ummeed gave us a platform for hands on, internship experience for 6 weeks. It was an amazing learning experience. We were provided with practical exposure through case studies, attending basic counseling skills sessions and many workshops. We have done in depth case study discussion with typical adolescent issues such as gender, bullying, study skills, self esteem, peer pressure. We have also undergone sessions to gain better understanding of developmental milestones in children – specially with regard to their social and emotional aspects.

I did a qualitative research work on the topic- "Has social media impacted the quantitative and qualitative relationship between the siblings- middle childhood and adolescence perspective". The survey was done among siblings from the same family and two age groups were compared.

UMMEED COUNSELLING & CONSULTING SERVICES

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