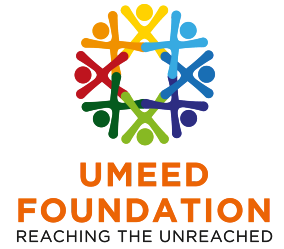




UMMEED

JAN 2025 - DEC 2025



BUILDING SKILLS & CREATING POSSIBILITIES



MENTAL WELL-BEING



POSITIVE PSYCHOLOGY



CAPACITY BUILDING



ENABLE



EMPOWER



ENERGIZE

15 YEARS OF TRAINING, COUNSELLING & CONSULTANCY IN EDUCATIONAL INSTITUTIONS, SOCIAL ORGANISATIONS & COMMUNITIES





Counselling & Consulting Services

Letters of Appreciation

INDIAN SCHOOL, AL GHIRA
 24th July 2023

Dear Mrs Salony Priya,

I am writing to extend my heartfelt thanks to you for conducting the Capacity Building Programme on the 23rd and 24th of July 2023 for our teachers at Indian School Al Ghira, Salbaha of Oman.

Your support in enhancing their professional skills through this training programme is much appreciated.


The sessions were not only informative but also incredibly inspiring. The skills that you have shared has raised their level of commitment towards their students.

The feedback I have received from teachers is only positive.

Thank you once again for conducting a very interesting training programme. We look forward to such learning opportunities with you in the future too.

With best wishes,

Papay Ghosh
 Papay Ghosh
 Principal




ST. PAUL'S SCHOOL
 HANMATHI, BOURRALLA, MUMBAI - IN, INDIA
 17th September 2023

To
 Mrs. Salony Priya
 UMMEED
 Kolkata

Dear Madam,

The two days of workshop with the teachers at our School emphasized the importance of mental health today which needs to be addressed by educators in school education. As a mentor, you helped the teachers to see where the problem lies and how to find solutions in a positive manner. Our teachers appreciated the workshops as they benefited in the ever-challenging process of guiding children. Once again thanks to UMMEED for reaching out to teachers with positive and growth-oriented input sessions.

Thanking you,
(Dr. Joseph Sreeraman, SVS)
 Principal



DPMS
 DAV Public School, Mysore
 20th Dec. 2023

Reference No: DPMS/LEA/2023 Date: 20 Dec. 2023

Dear Ms. Salony Priya,

We extend our heartfelt gratitude to you for conducting such an enriching, meaningful, and insightful session for our students and teachers at DAV Public School, Mysore. Your session proved to be an immensely impactful, giving students the opportunity to develop a more structured, focused, and practical approach towards their studies and overall performance. The clarity, relevance, and depth with which you addressed their concerns left a lasting impression on them.

For our teachers, your guidance played an equally significant role. Your in-depth explanations on child psychology, classroom management, and effective communication helped them gain a deeper understanding of student needs, the practical strategies, and real-life examples you shared have inspired them to address their students' concerns with greater confidence, empathy, and effectiveness.

The introduction of the topic studied method opened an entirely new dimension of professional learning for our educators. The approach had not only benefited their pedagogical practices but also encouraged them to take a more holistic and student-centric approach. Many teachers expressed that the case studies and practical examples provided them with valuable insights into handling classroom challenges more effectively.

Overall, the sessions were exceptionally fruitful, insightful, and transformative. We sincerely appreciate the time, effort, and expertise you invested in guiding our students and staff. Your contribution has undoubtedly added tremendous value to our school community.

Yours faithfully,
(Dr. Chitra Singh Bhandari)
 Director Academics




THE FRANK ANTHONY PUBLIC SCHOOL
 (SCHOOL CODE: 168015)
 17th A. J. C. ROSE ROAD, KOLKATA - 700 016, PHONE: 2284 820, 7046 1124
 Email: frankap@frankps.com Website: www.frankps.com

To whom it may concern

For more than a decade now, The Frank Anthony Public School, Kolkata, has benefited from the intervention made by Ummeed and its Director, Mrs. Salony Priya. This support to the School community that includes Staff, Students and Parents, has gone a long way in creating a healthy behavioural and social patterns. We continue to benefit from the Seminars, Workshops and One-On-One Interactions with Ms Am Salony Priya and her team.

We are sure that we will continue this arrangement with Ummeed and Salony Mam, so that the School may continue to benefit from the positive intervention she and her team provides, for which we are extremely grateful.

(Smt. Shilpa Ghosh)
 Principal



KC PUBLIC SCHOOL
 Anantpur Road, Jammu, Jammu - 181 205
 School Code: 21524
 CBSE Affiliation No: 179002
 Phone: (91) 0191 280224, 280296
 Fax: (91) 0191 280111
 Email: kcp@kcpublicschool.com
 Website: www.kcpublicschool.com

Date: 23 February 2023

To
 Ms. Salony Priya
 Director, Ummeed Counselling & Consulting Services

Dear Ms. Priya,

I am writing to express my heartfelt appreciation for the exceptional training you provided to our teachers at KC Public School from 20th to 22nd February. Your expertise as a world-renowned counsellor shone through in the comprehensive and engaging sessions.

The training, which covered crucial aspects such as building emotional well-being, active listening, empathy, conflict resolution, and developmental understanding, has brought about a significant mindset change and attitudinal shift in our teachers. We have already witnessed a positive impact on their interactions with students, both in and out of the classroom.


Moreover, your training has had a profound effect on the professional life of our teachers. Your in-depth, practical, and extremely comprehensive training approach, which included health assessment and evaluation, ensured effective skill-building among our teachers. Your dedication in empowering educators is truly commendable.

Your insights, practical, and extremely comprehensive training approach, which included health assessment and evaluation, ensured effective skill-building among our teachers. Your dedication in empowering educators is truly commendable.

Thank you for sharing your expertise with us. We look forward to continuing our association with you and Ummeed Counselling & Consulting Services.

Please accept my sincere appreciation for your outstanding contribution to our school community.

Best regards,
(Rishu)
 Rishu
 Director of Studies



MOUNT CARMEL SCHOOL
 Christian Minority School Affiliated to CBSE
 Civil Lines Station, School Code: 39116
 Hoshiarpur, Gurgaon, Haryana, India
 Phone: 01262 222222, 222223
 Website: www.mountcarmelschool.com

To
 Ms. Salony Priya
 Director,
 UMMEED Counselling & Consulting Services

Date: 20th & 21st July 2023

Subject: Appreciation for Your Two-Day Workshop

Dear Sir/ Ma,


On behalf of the Mount Carmel School Management and all the participants, we extend our sincere appreciation and gratitude for your dedicated efforts in organizing and conducting the two-day workshop for parents, teachers, and students.

Your thoughtful planning, enthusiasm, and expertise created a positive and engaging atmosphere that facilitated a deeper understanding of the interactive sessions, insightful discussions, and activities you and your team provided. The sessions were highly impactful and provided us with valuable insights into handling classroom challenges more effectively.

Your commitment to fostering growth and learning in our community is truly commendable. We are grateful for your initiative in taking such steps to ensure the success of the workshop. It is through your efforts that we have been able to gain valuable insights into handling classroom challenges more effectively.

Once again, thank you for your invaluable contribution. We look forward to such enriching experiences with you in the future.

With warm regards,
 Yours sincerely,
(Manjiv Kohli)
 Manjiv Kohli
 Principal
 of St. Mary's School
 (G.S. Campus, Gurgaon)
 Gurgaon, Haryana



SRI SATHYA SAI VIDYA VIHAR GAIL,
 P. O. G. I. L. VILKAPUR, Dist. Guntur, (M.P.) 473 112
 Email: ssvs@ssvsgail.com
 CBSE Affiliation No: 158973, School No: 88013, Website: www.ssvsgail.com


Date: 27/06/2023

TO WHOMSOEVER IT MAY CONCERN

The Salony Priya Madam's sessions are full of positive psychological approach. The real world examples felt exactly where it is needed, hence you deep thinking resulting into internal transformation.

We wish for all the best for your further endeavors.

(Manjiv Kohli)
 Manjiv Kohli
 Principal
 of Sri Satya Sai Vidya Vihar
 (G.S. Campus, Gurgaon)
 Gurgaon, Haryana



THE BHAWANPUR EDUCATION SOCIETY COLLEGE
 11, Anand Nagar, Bhubaneswar - 751 002
 Phone: 4263 0004 Fax: 4263 2281 4275
 Email: bhawanpur@besc.edu.in
 Website: www.bhawanpur.edu.in

Date: 04-02-2023

TO WHOM IT MAY CONCERN

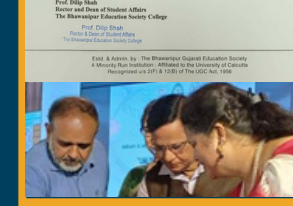
This is to place on record that Ms. Salony Priya continues association with our college as a resource person for overall well-being for faculty as well as students. She and her team of counsellors and professionals have provided ease to our students, several workshops as well as provided mentoring skill training to our faculty.

I am writing to recommend Salony Priya for Faculty development program for Mental health, counselling, and mentoring. I believe that she also related and various assessment tests. For two years more than 75 faculty members at The Bhawanpur Education Society college were benefited by the training program that was interactive, experiential and dealt with everyday challenges of dealing with the concerns of students.

Ms. Salony Priya has consistently demonstrated her commitment in designing and delivering engaging sessions for students on diverse topics as Gender Sensitivity, Stress management, dealing proactively with anger, Self-esteem and strategies to handle academic weakness, Growth Mindset, Building Resilience and Empathy to name a few.

Her ability to connect with faculty members, as well as students, understanding their needs, and their program accordingly, is impressive. Her passion for enhancing and promoting excellence makes her a great choice.

Respectfully,
(Prof. Pratik Nath)
 Prof. Pratik Nath
 Director and Dean of Student Affairs
 The Bhawanpur Education Society College
 11, Anand Nagar, Bhubaneswar - 751 002
 Phone: 4263 0004 Fax: 4263 2281 4275
 Email: bhawanpur@besc.edu.in
 Website: www.bhawanpur.edu.in



J. H. TARAPORE SCHOOL
 Affiliated to Central Board of Secondary Education (CBSE)
 School Code: 18986
 Phone: 29432023

To
 Ms. Salony Priya
 Founder Director
 Ummeed Counselling & Consulting Services

Subject: Heartfelt Gratitude for Your Inspiring Sessions

Dear Salony Mam,


On behalf of J. H. Tarapore School, I extend my heartfelt gratitude for the enlightening and engaging sessions you conducted for our teachers and parents. It was truly an honor to have you with us, sharing your vast knowledge and invaluable insights.

Your sessions with all the teachers of J. H. Tarapore School were a transformative experience. The way you explained Proactive Education, the Art of Giving Instructions, A-Z of Mourning Children, and Understanding the Children's Learning Process deeply with our students. Many of them resonated that it is though you had addressed their concerns. Feedback, as your message and strategic approach towards handling classroom challenges more effectively. We have already witnessed a positive impact on their interactions with students, both in and out of the classroom.

Your interaction with the parents of students from Standards 6 and 7 was equally inspiring. Parenting challenges come with its unique set of challenges, and your guidance on effective communication, emotional understanding, and creating a supportive home environment was immensely valuable. Parents felt the sessions being very confident in their approach towards their children, appreciating your wisdom and practical advice.

We truly value the dedication and passion you bring to Education Management, Human Development & Training, and Student Development. Your ability to connect with teachers and parents alike, providing them with tools to navigate their roles more effectively, is commendable.

Thank you once again for your time, effort, and unwavering commitment to empowering educators and parents. We hope to continue this wonderful association and have many more such meaningful interactions in the future.



DAV SARDAR PATEL PUBLIC SCHOOL PPGCL
 PPGCL, BADA, PRAYAGRAJ 221017
 Co-Educational Senior Secondary School (CBSE)
 (Managed by DAV College Managing Committee, New Delhi)
 www.davpspgcl.org

Date: 04-01-2023

Dear Ms. Salony Priya,


Heartfelt Gratitude for Your Profound Insights

On behalf of our school DAV SPN PRAYAGRAJ, I extend my sincere gratitude for your enlightening session on **Adolescent Behaviour Management**. Your deep insights, comprehensive approach, and expertise shed invaluable light on the complexities of adolescent psychology, equipping our teachers with profound strategies to connect, guide, and nurture young minds.

Your session was not just informative but transformative, realising the power of empathy and mindful interventions in shaping students' emotional and intellectual growth. The clarity and depth of your discourse have left a lasting impact, inspiring our educators to foster a more supportive and understanding environment.

We deeply appreciate your time and wisdom and look forward to future collaborations in this vital journey of education.

With regards,
(Dusyanjani)
 Dusyanjani
 Paper In-charge
 DAVSPN



Sunbeam School, Mau
 Affiliated to CBSE, Mau, Bihar, India
 P.O. - MAU, Dist. - MAU, Bihar, India
 Phone: 9855222222, 9855222223
 Email: sunbeam@sunbeam.org

Date: 21-04-2024

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

Subject: Heartfelt Gratitude for the Memorable Association with Sunbeam School Mau

Respected Salony Mam,


On behalf of the entire management, staff, students, and parent community of Sunbeam School, Mau, I extend my heartfelt gratitude for your continued association with our school over the past three years.

Your unwavering commitment towards nurturing mental and emotional well-being has brought about a transformative change in our school environment. Your selfless dedication for our educators, engaging interactions with our students, and empathetic outreach to parents, you have been the seeds of emotional, intellectual, and positive contributions across all corners of our learning community.

It is truly inspiring to witness how UMMEED, under your visionary leadership, has become a pillar of support in helping us build not just a school but a happy school. One that cares, listens, and grows together. Your ability to connect with every stakeholder and your deep understanding of human behavior have greatly enriched our collective journey towards holistic education.

We sincerely value your partnership and look forward to continuing the meaningful collaborations in the years to come.

With warm regards and deep appreciation,
 Yours sincerely,
(Sudhakar)
 Sudhakar
 Director



VAISHY VILLEY WORLD SCHOOL
 (A Unit of Global Charitable Charitable Trust)
 Established in 2016, New Delhi
 School No: 158195, Affiliation No: 243108

Date: 17.12.2023

Dear Salony Priya,


I am writing to express my sincere appreciation for the insightful and engaging workshop on "Handling Difficult Situations in the Classroom" conducted for the teachers of Vaishy World School on 17th August 2023. Your expertise and passion were truly inspiring and have left a lasting impact on our teaching community.

The workshop was incredibly relevant and timely, addressing the challenges we face in today's dynamic classroom environment. Your strategies and approaches to dealing with diverse learners, managing classroom dynamics, and adapting to changing times were invaluable. The interactive sessions and the expertise made the learning experience engaging and enriching.

Your commitment to the practical and techniques shared, which they can apply to enhance their teaching practice. Your ability to connect with the audience and foster a collaborative learning environment was commendable.

Thank you for sharing your expertise with us and for contributing to the professional growth of our teachers. We look forward to working with you for future collaborations.

Best regards,
(Rishu)
 Rishu Bhattacharya
 Principal



Message from the Director's Desk

Dear Ummeed Well wishers,

Ummeed, creating ripples of optimism in 2025, seems to have reached far and wide. It was a year of resilience and reflection, as many challenges and opportunities arose that allowed me to evolve and grow along with people and projects.

As you turn the pages of the newsletter and Ummeed enters its 16th year of existence, we are proud to see our impact in the field of advocacy for good mental health practices in organizations, institutions, and communities. We thank you for your belief and support.

We empowered educational organizations, enabled youth, and energized relationships to create a positive environment of trust, hope, and faith. "Faith over fear" was a mantra for many workshops. As we move into 2026, we hope to spark positive change. The recurring themes each year include a more active approach to mental health and social fitness, improved relationships, and continuous learning for personal and professional development.

Building life skills for adolescents and youth, and believing in their abilities—making resolutions or setting goals—is our focus! When you set goals, you make a promise to yourself and your dreams. It's all about being accountable and taking ownership of your actions. We have enabled change, and all our training programs focus on five patterns that guide effective transformation:

- Aligning people around a common purpose
- Fostering meaningful dialogue
- Co-creating solutions
- Encouraging experimentation
- Responding to change constructively

These principles help create a more inclusive and adaptive change process that truly makes things work.

The guiding principles for evolving need-based modules and therapy patterns have remained clarity, communication, capability, and commitment.

We are happy that more than 5,500 Ummeed-certified counsellors across India are now providing a confidential, non-judgmental space for people to explore problems, feelings, and thoughts—to gain clarity, develop coping strategies, and find their own solutions for issues like stress, anxiety, relationship problems, low self-esteem, bullying, or isolation.

Ummeed harnesses the Positive Psychology framework, emphasizing what makes life worth living—focusing on human strengths and virtues, and helping build a life of meaning and purpose. All our work continues to explore elements like happiness, resilience, gratitude, optimism, engagement (flow), strong relationships, and meaning—to help individuals thrive, not just survive.

WE CONTINUE TO GROW—CREATING A SAFE, MENTALLY HEALTHY, AND STABLE WORLD - A WORLD OF OPTIMISM!



Salony Priya,
Director, Ummeed Counselling & Consulting Services



Salony Priya

Leadership Events

37th CBSE Gulf Sahodaya Principal's Conference

“Smart schools: Embracing AI for better learning”



Ms. Salony Priya participated in the 37th CBSE Gulf Sahodaya Principals Conference held from August 3–5, 2025. The conference, themed “Smart Schools: Embracing AI for Better Learning,” brought together school leaders from across the region. Ms. Priya shared good mental health practices in schools and introduced the PERMA model of mental well-being. She raised critical questions for educational leaders on prioritising emotional and social safety in schools, preventing emotional burnout among teachers, addressing challenges faced by support staff, and reducing the suicide crisis in the 19–24 age group by creating a safe foundation in schools. The conference saw participation from over 152 principals of CBSE schools from Kuwait, Bahrain, Saudi Arabia, and the Sultanate of Oman.



Resonance Initiatives of change

Focused on building ecosystems rooted in compassion, trust, and respect, A Mind-Shift was organised by Initiatives of Change on April 10–11, 2025, at the Centre for Excellence, Jamshedpur. The workshop brought together educators and leaders for hands-on sessions. Ms. Salony Priya’s contributions added perspective on fostering empathy as a skill. She suggested several practical strategies that could be adopted in schools to develop empathy, build emotional awareness, and promote social inclusion.



TICON 2025 - THE INTERNATIONAL CONFERENCE



TICON 2025 – the International Conference for Teachers and Administrators – was hosted by Don Bosco Institute, Guwahati, from May 8–10, 2025, centred on the theme “Transformative Leadership in Education: Teachers to Lead Change.” The conference brought together educators and administrators from diverse regions. Ms. Salony Priya’s session on changes in teachers’ roles and evolving classroom scenarios was highly appreciated and added meaningful insight to the deliberations.



“Appreciated Salony Ma’am’s wealth of experiences, lucid style, and hands-on strategies that made a huge impact.” - Father Clatus, Director, DBI,

ROLE OF LEADERS IN EDUCATION IN THE AGE OF POLYCRISIS

Ms. Salony Priya participated as a panelist at the Worldview Futures 360° – Educators’ Forum 2025, held on 16th August in Bengaluru. Focused on leading schools in the age of polycrisis, the event brought together influential voices in education. Ms. Priya’s contributions added depth to discussions on evolving school leadership. Her co-panelists included Dr. Shakila Shamsu, Dr. Yatan Pal Singh Balhara, Dr. Skand Bali, Mrs. Anju Soni, Mr. Karthik Ganesan, and Mr. Sameer Dhanrajani.



Women Empowerment with - TORPA Rural Development Society

Gender Education & Leadership in selfhelp Groups

Ms. Salony Priya, as a consultant, has been enabling self-help groups of women in TORPA. She has been engaging with Adivasi women to help them build confidence, practical skills, and self-reliance. Through her sessions, she inspired meaningful discussions, encouraged personal growth, and provided guidance to help these women navigate challenges and create opportunities within their communities.



Centre for Cultural Resources & Training (CCRT) Ministry of Culture, Govt. of India

Mental Health For Teachers of Govt Schools of Westbengal at Ramkrishna Mission



At the Ramakrishna Mission Campus, Golpark, Kolkata, a two-day workshop hosted by the Centre for Cultural Resources and Training (Ministry of Culture, Govt. of India) reached out to 130 school teachers from various West Bengal Government schools.

Indicators of good mental health and a short assessment enabled participants to identify areas of concern. Strategies such as mindfulness, self-talk, and affirmations were found extremely useful. The workshop focused on strengthening educational practices in TDP government schools under CCRT and brought together educators and experts for in-depth discussions.

Edu Gurukul Open Seminar - Emotionally Intelligent Educators



गुरुकुल
Empowering Educators
Seth M. R. Jaipuria Schools Banaras & Hostel, Babatpur Campus
invites
Teachers & Educators of all Classes & Boards for an OPEN SEMINAR

Emotionally Intelligent Educators
Building Emotional & Social Skills
भावनात्मक रूप से प्रवीण शिक्षक
भावनापूर्ण और सामाजिक कौशल का निर्माण

Sunday, 2nd March 2025 • 10.30 AM to 1.30 PM
(Followed by Lunch)
Venue: Babatpur School Campus, Near Airport, Sisva

प्रमुख वक्ता:
सुश्री सलोनी प्रिया
लोकप्रिय शिक्षण सलाहकार व प्रशिक्षक
संस्थापक निदेशक : उम्मीद शिक्षण संस्थान
कोलकाता

Special Quiz, Fun & Activities with Lot of Prizes for Teachers

For Free Registration, Please Call/SMS/Whatsapp: 75 1862 1804
Certificate will be given to all participants

शिक्षक पर हे वही विभवेदो, आदर्श साथ साथ आने को.



As keynote speaker, Ms. Salony Priya highlighted the need for strengthening emotional and social competencies among educators. The programme brought together more than 400 teachers from CBSE, ICSE, and Government schools on a common platform, creating a modern gurukul required in today's education system. She set the direction for creating emotionally responsive school environments.



"Ms. Salony Priya delivered an outstanding session. Her ability to connect with educators and offer practical, meaningful guidance made the experience truly inspiring."



"An amazing eye-opener made me feel so rejuvenated with such a fresh perspective on Mental Health. Thank you Salony Ma'am for such a beautiful New Year Beginning." - By Anandita Kar, Teacher

Adwitya - The 41st District Conference, Rotary District 3120

Ms. Salony Priya was the keynote speaker at the Rotary District 3120 Conference held in Varanasi. She engaged with members and leaders of the Rotary community, sharing insights on leadership, personal growth, and building impact through service. Her session sparked meaningful discussions and left a lasting impression on attendees.



ICAA Mega Convention 2025

Ms. Salony Priya participated in the ICAA Mega Convention 2025, a gathering that brought together advisors, educators, and institutional leaders from across the country. The convention centred on growth, collaboration, and emerging directions in the educational landscape. Ms. Priya's presence added thoughtful perspective to the discussions, especially in conversations around student well-being and educator development.



"Red Flags in a Relationship" Mann Ki Baat



MANN KI BAAT
-A JOURNEY WITHIN

Upcoming Panel Discussion

"Unmasking Red Flags in a Relationship"

Dr. Kriti Gaur
PANELIST

Salony Priya
PANELIST

Vijayanti Bose
PANELIST

TOPICS INCLUDE:

- Recognizing Red flags in a Relationship
- Understanding Subtle Manipulation
- How to Handle Red Flags

Ms. Salony Priya participated as a panelist in the discussion "Unmasking Red Flags in a Relationship," organised under Mann Ki Baat - A Journey Within on 30th July 2025. Alongside fellow experts, she shared insights on recognising subtle manipulation and addressing red flags, contributing to a thoughtful and reflective conversation on building healthy relationships.

The Connection Cure - Addressing the Silent Epidemic

Lions District 322B1
in association with
World Mental Healthcare Association

THE CONNECTION CURE
Addressing The Silent Epidemic Of Disconnection
With Tools For Joy, Resilience & Community

GUEST SPEAKER & PANELIST

Salony Priya
Eastern Region Head - Indian Academy of Health Psychology
Counselling Psychologist
Parenting Coach Master Trainer
Founder - UMMEED

5th Oct 2025
Sunday
4:00 PM
Onwards

ICCR, 9A, Ho Chi Minh Sarani
Kolkata - 700071

NOT TO BE MISSED

Ms. Salony Priya served as a panelist at the Lions District 322B1 event, organised with the World Mental Healthcare Association. In the session titled "The Connection Cure - Addressing the Silent Epidemic of Disconnection with Tools for Joy, Resilience & Community," experts discussed ways to boost connection and well-being.



DISCIPLINE BY DESIGN

A series of workshop for Non Punitive Behaviour Management



- Control vs coach approach by ms. Salony priya with a step ladder approach of responding to common classroom disciplinary issues. Concepts like highlight behaviour wheel, anger thermometer, attention building games, were highly appreciated by participants. Kohlberg's moral development highlighted the science behind positive discipline. Teachers were able to introspect and realise the 4 Ds of
- DISCIPLINE
- DEMONSTRATE
- DELIBERATE
- DIGNITY



- This changed the conventional disciplining based on few which leads to 4 Rs:
- RESENTMENT,
- REBEL,
- REVENGE, AND
- RETREAT (withdrawal)



PROACTIVE -DISCIPLINE
Non Punitive Behavior Management

COACH VS CONTRIOL Strategies !

A one day Experiential Learning Workshop for Educators & Administrators by Salony Priya & Ummeed team !



Well researched , practical solution for Students of 10 to 18 years



UMMEED
Positive Living Initiatives
Enable Empower Energize

Ummeed provides
Counselling Training Consultancy

- Children & Adolescent
- Families & Parents
- Educators & Professionals
- Social Facilitation

CORE AREAS:

MODULE A

- **Discipline Revisited: Expectations & Standards**
- **Age Appropriate Discipline Parameters**
- **School Discipline: Systems & Structures**

MODULE B

- **Learning of Behavior: Beyond Imitation**
- **Control Vs Coach approach**
- **Common Discipline Issues in Schools**
- **How Children Learn Behavior**
- **Behavior Wheel: Non- Punitive Consequences**
- **Case study: Group work**

OBJECTIVES:

- **Building a sense of order, respect, and trust in our classroom is essential.** Without these underlying dynamics, the real business of teaching and learning cannot take place. This module is an attempt to focus on one of the major aspects of Class management ie Discipline.
- **Breaking MYTHS of Fear** induced discipline & Painful punishments
- The workshops revisits the traditional approach to handling discipline and helps participants to evolve practical school specific strategies effective for senior & middle school!

Discipline By Design on 20th June 2025 at Ranchi



"Very impactful, *has left me thinking how to change my teaching methods.* I got to learn the ways to discipline our children."
 - Sangita Kujur, Bishop Westcott Girl's School



ATTENDING SCHOOLS

1. Host School - Bishop Westcott Boy's School
2. Mount Carmel School
3. Children Of The New Dawn
4. Ursuline English Medium School
5. St. Francis School
6. Carmel School
7. Sacred Heart School
8. D St. Ann's School
9. Bishop Hartmann Academy
10. Bishop's School D St. Maria School
11. Bishop Westcott Girl's School

TOTAL NUMBER OF TEACHERS ATTENDANCE

86

Discipline By Design on 29th August 2025 at Rourkela



"Very experienced and well informed/updated. She was aware of the current state/generation and helped us in ways to reach & deal. She made the session very interactive and positive."



ATTENDING SCHOOLS

1. Host School - St. Paul's School
2. St. Joseph's Convent School
3. Carmel School (Hamirpur) |
4. Chinmaya Vidyalaya
5. St. Mary's School
6. Carmel School (Rourkela)
7. Carmel School (Jalda)
8. St. Joseph's Convent School

TOTAL NUMBER OF TEACHERS ATTENDANCE

55



DISCIPLINING DIFFERENTLY -WITH DIGNITY

Discipline By Design on 6th August 2025 at Kolkata



“Salony Ma'am is amazing. She has a magic word with which she can change the mundane world into a place full of "happiness".- **Ananya Sengupta, Indus Valley World School.**



Salony Ma'am is a wonderful orator. Looking forward to more workshops conducted by her. We could all relate to each and every word she spoke. The workshop was an eye opener.” - **Triparna Dutta Mahato, Loreto House**



ATTENDING SCHOOLS

1. Host School - Frank Anthony Public School
2. Modern High School For Girl's
3. St. Augustine's School
4. M.M. Model School
5. Sushila Birla Girl's School
6. All Saints High School
7. St. Joseph's College
8. Loreto Day School
9. B.D. Model School
10. The Assembly Of God Church School
11. Sir Syed Ahmed English Medium School
12. Welland Goldsmith School

TOTAL NUMBER OF TEACHERS ATTENDANCE

65

Discipline By Design on 21st June 2025 at Jamshedpur



“Ma'am your sessions are always very engaging. Today's session has actually broaden the definition of "discipline". Through your interactive sessions and your experience, you gave so much of height to the entire process.”
Jaswinder Kaur, K.S.M.S School

“Excellent orator. Explained very well & I have achieved the target of the session & will surely apply all the Strate - I have attended her other sessions also and applied successfully. It has made class well manageable and given positive results.”-
Bindu Ahuja, Motilal Nehru Public School

- ## ATTENDING SCHOOLS
1. Host - KSMS School
 2. DDMS English School
 3. Motilal Nehru Public
 4. Little Flower
 5. Kerala Samajam Model School
 6. Vig English School
 7. Dayanand Public School
 8. St. Anthony Academy
 9. Narbheram Hansraj English School
 10. DSM School Of Excellence
 11. Sacred Heart Convent School
 12. St. Joseph's School
 13. RMS High School
 14. Rajendra Vidyalaya
 15. Hill Top School
 16. Loyola School
 17. St. Mary's School
 18. Sumana Dutta Memorial
 19. Vivekananda International School
- TOTAL NUMBER OF TEACHERS ATTENDANCE**
76



Teachers' Professional Development

Enhancing Emotional & Social Skills



Indian School, Al Gubhra, MUSCAT SULTANATE OF OMAN



These workshops address classroom management, life skills, caring communication, adolescent mental health, and teacher well-being, offering practical, ready-to-use strategies through reflection and collaboration. Ms. Priya's approach reinforces that self-aware, compassionate, and skilled educators create classrooms that are meaningful, inclusive, & joyful.



Papri Ghosh (Principal)

"Your support is enhancing their professional skills through this training programme is much appreciated. The sessions were not only informative but also incredibly inspiring. The skills that you have shared has raised their level of commitment towards their students."



Delhi Public School, Bihar (Gaya)



"She is exceptionally knowledgeable and expresses her perspective & thoughts very flawlessly."

- Eshank Gupta

Empowered Educators Ummeed way, Schools in Uttar Pradesh

Dalimss Group of Schools, Varanasi



DAV Sardar Patel Public School, Prayagraj



Carmel School, Gorakhpur



Ambition School, MughalSarai



Vanita Public School, Varanasi



Empowered Educators Schools in West Bengal

Indus Valley World School, Kolkata




NCIL FOR THE INDIAN SCHOOL CERTIFICATE EXAMINATION
ENHANCING MENTAL HEALTH & WELL BEING IN SCHOOLS
WEBINAR
RESOURCE PERSON
16TH OCT
02:00PM - 05:00PM
FOR REGISTRATION
FOR REGISTRATION
MS. SALONY PRIYA
FOUNDER DIRECTOR OF UMMEED
SCAN OR CLICK

G.D Birla Centre for Education, Kolkata



"To excel is splendid, but teach them that it's okay to make mistakes. Learn from the mistake and try to do better in life."

Delhi World Public School, Barasat



De Paul School, Kolkata



"Salony Priya is an excellent person who can motivate people of all age. I am very much grateful and impressed by this session. Thank you." - SANCHITA DASGUPTA (De Paul School, Tollygaunge)



Techno India Group of Schools



BRANCHES

- *Chinsurah
- *Garia
- *Mednipore
- *Bolpur
- *Hoogly
- *Durgapur

"Tips on self management, The beauty of understanding behavior, The pattern to make children learn should change."

- DEBARATI GOSWAMI

Birla Divya Jyoti School, Siliguri



"Salony Priya ma'am is an excellent orator. Her approach to contemporary issues is very inspiring. Indeed questions encouraged a lot of thinking."

- S GURUNG (Birla Divya Jyoti School)

Empowered Educators, Schools in Madhya Pradesh

Sri Sathya Sai Vihar School, Guna



Scindia Kanya Vidyalaya, Gwalior



Empowered Educators, Schools in Jharkhand

Loyola School, Jamsedpur



"The workshop conducted today was like a mirror which has helped to realize the different areas where in I could make changes and thus improve my teaching learning experiences. The workshop was an eye opener. Ms Salony Priya has a knack and style of explaining with practical situations, which is really very helpful."

- Patricia HM Junior School



Delhi Public School CHAS, Bokaro



The Art and Science of Parenting

Young India Initiative - Jamshedpur Chapter




EMPOWER YOUR MIND

with **SALONI PRIYA**, an experienced parenting counsellor from Kolkata.

30.03.2025
11 AM. TO 12:30PM

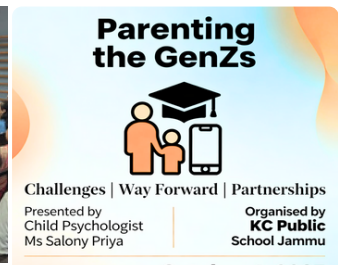
STRESS FREE PARENTING

Saloni Priya

"Thank you for such a meaningful and thought-provoking session on Stress-Free Parenting. You didn't just share knowledge—you helped us pause, reflect, and feel understood. Your calm presence, relatable real-life examples, and clear explanations made the session easy to connect with for everyone. Many of us found ourselves nodding along, thinking, "I needed to hear this today. It felt less like a lecture and more like a conversation we all needed. Thank you for your time, warmth, and for making a complex topic so approachable. I look forward to learning from you again."

-Rishi Arora, YI Jamshedpur Learning Chair

K.C. Public School, Jammu

Parenting the GenZs

Challenges | Way Forward | Partnerships

Presented by
Child Psychologist
Ms Saloni Priya

Organised by
KC Public School Jammu

Life Skill Sessions | Student **October 4, 2025**

Birla Divya Jyoti School, Siliguri



Ummeed Way of Building Responsible and Respectful Relations

Don Bosco Park Circus, Kolkata



Parenting today demands both warmth and wisdom – a balance between emotional connection and informed guidance. Through her proactive parenting sessions, Salony Priya helps parents understand that raising a child is both an art rooted in empathy and a science grounded in developmental psychology. These sessions highlight how children thrive when adults provide consistent boundaries, mindful communication, and emotionally safe environments. Parents are encouraged to recognise individual temperament, nurture curiosity, and respond rather than react. The core message is clear: when parents approach everyday moments with awareness and intention, they shape confident, secure, and resilient young minds.

Kerela Samajam School, Jamshedpur



“Coaching & Counselling Parents”

Sunbeam School, Ballia



Sunbeam School, Mau



Welcomes

Ms. Salony Priya
Eminent Psychologist
Founder Director of
Ummeed Counselling, Kolkata

Session on

**NURTURING A CONFIDENT CHILD
&
ART OF PARENTING WITH LOVE AND LOGIC**

20th APRIL 2025



Sunbeam School, Azamgarh

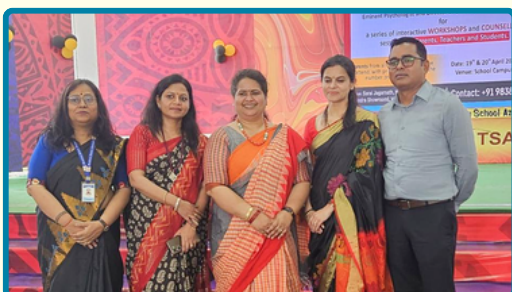
Sunbeam School Azamgarh
Quest for Excellence

Warmly Welcomes
Mrs. Salony Priya
Eminent Psychologist and Director of Ummeed Foundation, Kolkata
for
a series of interactive **WORKSHOPS** and **COUNSELLING**
sessions for **Parents, Teachers and Students.**

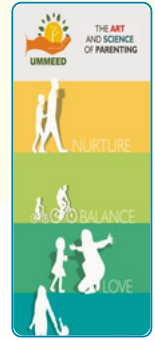
Parents from all schools are welcome to attend, with prior registration on the number provided below.

Date: 19th & 20th April 2025
Venue: School Campus

Let's Come Together to
Healthier and more
Learning Environment for



“Partners in bringing up a Confident Child”



Delhi Public School Chas, Bokaro



THE ART AND SCIENCE OF PARENTING

Ms. Salony Priya

DPS, Chas, Bokaro, invites you to a thought provoking and engaging parenting seminar, conducted by Ms. Salony Priya, Founder & Director

St. Mary’s School, Noamundi



Parenting plays a pivotal role in shaping a child’s emotional, social, and moral development. In an ever-changing world, parents are required to balance warmth with discipline, guidance with independence, and values with adaptability. This syllabus is designed to equip parents with practical insights and thoughtful approaches to raise confident, emotionally secure, and responsible children.

Positive Parenting

- Nurturing a Confident Child
- Connecting to Your Teenager
- Parenting with Love and Logic
- Developing Social and Emotional Skills in Your Child
- Parenting with Faith and Not Fear

Mount. Carmel School, Hazaribag



J. H. Tarapore School, Jamshedpur



School Consultancy

Building well being in school culture through training counselling & coaching initiative

Ummeed collaborates with school heads to build a whole-school model that fosters emotional safety, care, and empathetic listening among teachers, parents, and students. Through this partnership, Ummeed helps to create a supportive ecosystem where every stakeholder feels heard and valued. The initiative includes new parent orientations, staff sessions on contemporary and progressive educational practices, and regular think tank meetings. Class observations and reflective discussions further help to design open-minded inclusive interventions that strengthen the school community's emotional well-being and growth mindset.

Dayamanti Punj Model School, Sitamarhi



“The session helped us to realize the NEP guidelines and adolescent behaviour from a new perspective. i am felling very motivated and want to be a teacher as a guide.” - Mr Pankaj (Teacher DPMS)



“Today i felt how important it is to have a goal in life. i learned to make study goals and how to manage my distractions.” - Anup Singh (Student DPMS)

The Frank Anthony Public School, Kolkata



Integrating skills along with syllabus

Parents as co-educators & partners in educating children



St. Lawrence high School, Kolkata





Basic Counselling Skills

Basic Counselling Skills (Training) is a flagship experiential learning programme by Salony Priya, Director, Ummeed. Over the last seven years, it has trained more than 5,000 educators across eight states to function as school-based guidance counsellors. In 2025, educators from Tarapore School, Jamshedpur; J.H. Tarapore; and Sunbeam School, Ballia completed 100 hours of hands-on learning focused on adolescent issues. Rooted in Ummeed’s mission to Enable, Empower, and Energize, the programme builds strong foundations in active listening, empathy, and self-awareness.

Emotional First-Aid in Schools

Tarapore School, Jamshedpur



“Your supportive approach and clear explanations helped me gain a better understanding of the course in a short and effective manner. I truly appreciate the way you guided me with clarity and confidence, which made the experience both enriching and encouraging.”
-Harsha.

“I am writing to thank you for your exceptional teaching and mentorship. The way you broke down difficult concepts with such clarity and patience was nothing short of excellent. You didn't just teach the subject; you guided me on how to think about it, which has made all the difference. It has been a true privilege to learn from one of the best guides I could have asked for. Thank you for your dedication and for inspiring me to do better.”- Payel Grover

Sunbeam School, Ballia



“Your guidance over the last seven months has been truly transformative. Now, We filled empowered after being the part of this program and feeling better equipped and genuinely inspired to implement these new strategies in our classrooms”. -Vishal



Compassionate Care - “Teacher as a Counsellor” Certification

Teachers certified to be more sensitive, to emotional and social issues that affect the self-esteem of a child as well as his/her academic performance. Certification is a recognition of their effort, competence, readiness to provide non-judgemental guidance; breaking the stigma attached to counselling. Teachers as counsellors are available in the school shouldering the responsibility of strength based guidance and counselling based on principles of positive psychology - creating Umeed for adolescent and youth. It stands as a recognition of their commitment to professional growth and to fostering emotional well-being within their educational setups.

Basic Counselling Skills
For Educators, Counsellors,
Social Workers & Allied
Professionals



Experiential Learning Certificate Course
An Ummeed Initiative !

“Counselling & Guidance is

- ➔ Art of
- ➔ Listening
- ➔ Understand
- ➔ Empathizing
- ➔ Self Awareness

Sunbeam Core Schools

1. SUNBEAM, VARUNA
2. SUNBEAM, SUNCITY
3. SUNBEAM, SARNATH
4. SUNBEAM, LAHARTARA
5. SUNBEAM, ANNAPURNA
6. SUNBEAM, BHAGAWANPUR



K.C. Public School, Jammu



Sunbeam School, Mughalsarai, U.P.



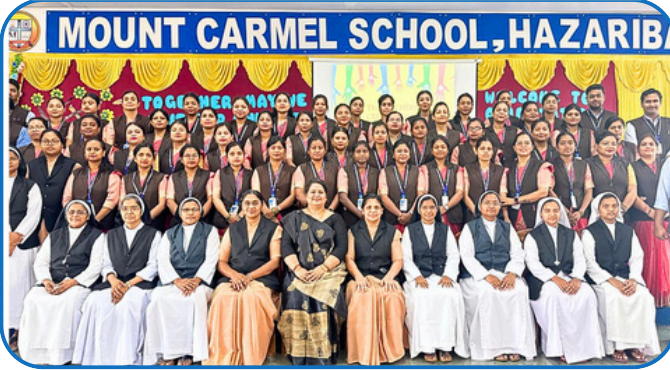


Counselling & Consulting Services

Good Mental Health Model in Schools

Teachers, students and parents sensitised to create awareness on mental well-being.

Mount Carmel School, Hazaribagh



Mount Carmel School Sarangabad, Kolkata



Good mental health is the foundation of healthy learning, relationships, and overall well-being. It involves understanding emotions, managing stress, communicating respectfully, and responding thoughtfully to challenges. When children and adults are supported through empathy, self-awareness, positive communication, and balanced routines, they develop resilience, confidence, and emotional strength. A nurturing environment at school and at home is necessary in the development of children and future youth who feel loved and valued enough, growing the capacity to face everyday challenges with calm and optimism.

J.H Tarapore School, Jamshedpur



“Learnt that education is not only about reading and learning it all about understanding. Ma’am also made us aware about social media platforms which is destroying our interactive minds.” - Yashvi Kumar

“Sessions like this provide a critical turning point in life and a door to future possibilities. It sharpened our strengths, eliminated weaknesses and taught us to grasp opportunities”.-Shreemayi:

St. Mary’s school, Noamundi

RAISING THE NEXT GENERATION - Career choices and online safety

ST. MARY’S SCHOOL, NOAMUNDI
WELCOMES
Eminent Psychologist
Mrs. Salony Priya

WORKSHOP ON: STUDENT’S CAREER COUNSELLING AND CYBER SECURITY



Learnings from today’s session

- Keep a good relation with children through our behaviour.
- Mental health.
- How to deal with students. - Preetam Kumar.



St. Xavier's School , Raiganj, W.B.

Salony Ma'am believes that every teacher shapes the emotional environment in which children learn and grow, and that good mental health begins with self-awareness and self-care. When educators pause, breathe, and respond instead of react, they model emotional intelligence. By setting healthy boundaries, practicing mindful communication, and creating safe spaces, teachers help students feel seen, valued, and understood, transforming classrooms into joyful, secure learning zones.



Salony Ma'am reminds parents that good mental health at home starts with connection over correction. When they listen without judgment, communicate calmly, & stay involved in their child's studies, emotions, digital life, children feel secure. She encourages mindful parenting through digital discipline, positive communication, gentle guidance, & understanding adolescence. A warm home with routines & open conversations helps children develop strong values and a healthy self-image.

Salony Ma'am believes students should remember that mistakes are feedback, not failures. She teaches that good mental health comes from balancing ambition with self-compassion and building self-management through small goals, digital breaks, positive online choices, and practising the "pause." She reminds them that their emotional world matters as much as their marks. When students manage time, handle peer pressure, use respectful language, and build resilience, they gain the confidence to face exams and life's challenges with strength and optimism.



"The session presided over by Salony ma'am was very helpful, inspiring and engaging. As a student of class XII myself, i can't agree more to what she said to us. Our social addictions, distractions and a lot more was discussed. after school life is a railway junction with no idea which train is in which platform. Mam helped us to identify that platform.yhank you mam." - SUPRITA MONDAL



"2 days of very engaging & meaningful experience , your sessions have left a lasting impression on me. I've come away with a renewed perspective, and I feel more confident and inspired in my roles as both a teacher and a parent. I'm truly grateful to have witnessed your wisdom and warmth in action. Thank you for your time, your energy, and your generosity in sharing so much with us. It was truly time well spent, & I will carry your words with me for a long time." - POOJA SARKI ROY (SAINT XAVIER'S SCHOOL, RAIGANJ).

Life Skill

Rise and Shine, Rotary Prayagraj

Ms. Salony Priya has been a strong advocate for placing Life Skills Education at the centre of school learning. Through her work with educators, counsellors, and students across India, she emphasizes that life skills are essential for helping young people navigate an increasingly complex world with confidence and balance.



Delhi Public School CHAS, Bokaro



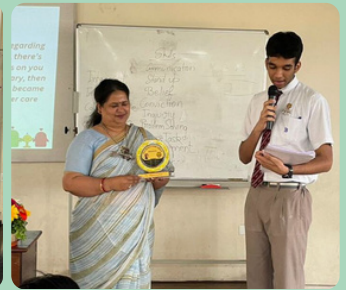

St. James School, Kolkata



"Today I realized that I need to think and then act .It was very nice class where we understood our behavior and its impact on others in a very joyful way."
- **ROUNAK DAS**

Don Bosco School, Park Circus, Kolkata

Prefects Leadership Training



"Everyone says study , today salony mam taught us so many small steps that make us study better, faster . I learned many memory tricks that will help me to do well in my examination.Thank you ."
- **ARKO DAS**



"Today I realized that no one is less than us, no one is more than us. It's just that we are need to give respect to others".

- **JASH ROTHARI 6B.**

De Paul School, Kolkata



DE PAUL SCHOOL, KOLKATA
(Affiliated to CISCE, New Delhi)

PRESENTS

STUDENT ORIENTATION

Grade: IX, X, XI & XII

Adolescents Unplugged

Real talk on
Health, Hygiene &
Social Media

TUESDAY | 6TH JULY, 2025

Resource person
Mrs. Salony Priya

Attendance is compulsory



Education must go beyond academics to nurture human potential. By equipping students with life skills, schools empower them to grow into confident, compassionate individuals ready to contribute meaningfully to society.

Sunbeam School, Azamgarh



**Developing self-management skills to lead a proactive and productive life.
Building the ability to manage time, emotions, and priorities effectively.**

Sunbeam School, Ballia



Students actively participated in the interactive group counselling process, sharing their reflections. A Checklist, enabling students to translate learning into action with greater clarity, responsibility, and self-awareness was done.

Developing self-management skills to lead a proactive and productive life.

- Building the ability to manage time, emotions, and priorities effectively.

Salient issues addressed during the session included:

- Managing modern distractions such as social media, peer pressure, and excessive gaming.
- Psychoeducation on digital addiction, with an emphasis on developing mindful & responsible digital habits.

Sunbeam School, Mau, U.P.



Skill Building in Higher Educational Institutions

With consistent dedication and deep sensitivity, Ms. Salony Priya has been quietly transforming student development across institutions such as Auxilium College, Bhawanipur Education Society College (Kolkata), and the Don Bosco Institute of Management, Guwahati. Through structured skill-building programs, regular counselling sessions, and thoughtfully designed Events, students are developing stronger communication, emotional resilience, self-awareness, and leadership capacities. Ummeed skill building workshops in colleges and universities are providing a rare blend of professionalism, compassion, and impact—shaping not just capable students, but confident individuals ready for life beyond the classroom.



Counselling Services by Ummeed at The Bhawanipur Education Society College

Salony Priya, Director Ummeed, Psychologist

Quality experienced professional Therapists & Counselors from UMMEED, offering confidential sessions at college every WEEK- TUESDAY: 2-6 PM, THURSDAY: 10am- to 6 PM. APPOINTMENTS - call at 9674255566, 8777871110 or mail to -counselling@thebhes.edu.in

For any assistance Contact Dean's office, 96742555

Don Bosco Institute of Management



Stress always was an obstacle for me, today a very practical approach to stress was explained to me, Salony mam made us realize how stress can be a drive not distress - great learning for me.
- Riju Gomes

Bhawanipur Education Society College




Are you ready to transform, grow, and spread your wings? Join us for an inspiring seminar by UMMEED.

26th August, 2025
11 A.M.
Concept Hall

- LECTURE
- POWERPOINT
- INTERACTIVE SESSION
- ACTIVITIES

Scan to Register



Auxilium College, Vellore & Don Bosco Institute of Management, Guwahati

Good Mental Health



Stress management



Micro Skills of Counselling Therapy

Online & offline mode of experiential learning

The Micro Skills of Counselling Therapy (MCST) by Ms. Salony Priya is an experiential program that equips educators and counsellors with essential skills for supportive communication. It teaches core techniques like active listening, open-ended questioning, paraphrasing, reflecting feelings, and empathetic responding through demonstrations and real-life practice. The training shows how these skills help manage classroom behaviour, support children in distress, engage with parents, and build healthy peer interactions. Emphasizing counselling as a vital competency, MCST encourages mindful, compassionate communication and strengthens educators' ability to guide students through emotional, academic, and social challenges.



MICRO SKILLS OF COUNSELLING AND THERAPY (MSCT) BY SALONY PRIYA
MSME Certified Course
120 hours of Experiential learning
Duration --- 6 Months
Mode - Webinar (Zoom / Googlemeet)
REGISTRATION OPEN FOR August 2025 to March 2026 MSCT BATCH
Inaugural session on 16th August 2025 at 11 am




MICRO SKILLS OF COUNSELLING & THERAPY
120 HOURS OF EXPERIENTIAL TRAINING PROGRAMME
Conducted by UMMEED Counselling & Consulting Services
Awarded to: _____
Ms. / Mr. _____
He / She has secured grade: _____
Umeed advocates continuous learning for professional growth...
Salony Priya
Dr. Sarbani Laha Samanta
UMMEED
VENERABLE EMPOWER ENERGIZE
MENTAL WELL BEING
POSITIVE PSYCHOLOGY
CAPACITY BUILDING



"My journey through the counselling course at Umeed has been a truly enriching and eye-opening experience. As a school leader, I thought I understood communication well – **but this course helped me see human behaviour and emotions in a completely new light.** It was a great learning experience under Salony ma'am, whose guidance, insights, and dedication made every session meaningful. The training has changed my way of thinking, made me more patient and open-minded, and be empathetic.

In today's world, where stress, misunderstandings, and emotional challenges are so common, such training is essential. It equips us to guide, support, & nurture people in a compassionate and non-judgmental way. I am grateful to Umeed for this journey – it has not only given me new skills but also the mindset to make a difference!" - **Vibha Sahai**



"MSCT course changed the way I listen, respond, and connect with people every day. Over six months, **Salony ma'am guided us through the heart of counselling, from its roots in talking therapy to today's collaborative models.** A transformational journey for me." - **Ms. Shokhi Sinha**, Zonal Academic Trainer at Birla Open Minds



The following:
Tobacco
Alcohol
Street drugs
Prescription drugs



"I have learned to understand emotions better, offer support without imposing opinions, and help others find their own solutions. Your focus on patience, confidentiality, and compassion has strengthened my interpersonal skills and encouraged me to be more understanding. These skills are invaluable in a world where many struggle silently, inspiring us to build a more caring and mentally healthy community. Thank you for sharing your wisdom and guiding us to make a positive difference."
- **Shweta Tiwari**, Principal, Birla Divya Jyoti School Siliguri.

UMeed ULLAAS



FROM 8 NGOS TO 14 YOUNG LIVES — ₹84,000 OF HOPE DELIVERED.

WE PROUDLY FELICITATED AND HONoured 13 TEACHERS FOR THEIR CONTRIBUTION TO EDUCATION.

Envisioned as a scholarship distribution ceremony, where deserving students were felicitated with scholarships, financial aid and certificates. The award ceremony, reaching out to NGOs, also encouraged and honoured educationists and teachers, who have made an outstanding contribution to education.



A Day Out to Experience & Experiment - Umeed Way

Excursion to Science City, Kolkata

Umeed Foundation organised an Educational tour to Science City, Kolkata for the children of various NGO's. 27 children and 11 teachers from 2 NGOs – Santoshpur Sukantamela Sab Peyechir Asar (Budge Budge) and Aksharaa Foundation (Kaikhalii) accompanied us to Science City.

The visit made possible by Umeed Foundation was not just an educational tour but also an opportunity for these children to explore, learn & experience the wonders of Science & Nature.



Other Activities

Umeed Foundation continues to reach the unreached ... Sadiya Khatun, a student of Ashina Yubak Sangha, Falta (South 24 Pgnos) was bound to leave her studies as her father is a tailor by profession and couldn't afford her educational expenses. This year with the financial support of Umeed Foundation, she took admission in school. Umeed Foundation sponsored all the text books of Class-XII (Science) to her and took responsibility of her education for one financial year (2025-26).



Umeed Foundation also contributed Text books, Reference books, Story books, Exercise copies, Drawing copies, Graph Copies, School uniforms and other study materials along with black & white boards, Dusters, Chalks, Pencils and Erasers for the students of Santoshpur Sukantamela Sab Peyechir Asar at 24 Pgnos (S), Ferrywala at Sunderban, Moner Unmesh (Mind Formation) at Jhargram and Ashina Yubak Sangha, Falta at 24 Pgnos (S).

Ongoing Projects funded & supported by UMEED FOUNDATION

🎯 Project : Vermicompost project at Nabadiganta Leprosy area near Durgapur

Vocational Training to Leprosy affected people Durgapur (WB)

An initiative by Umeed Foundation in collaboration with Kartick Kalindi in Durgapur.

Umeed Foundation has joined hands with Mr. Kartick Kalindi, who has devoted himself to the service of underprivileged, beggars and Leprosy patients residing at Nabadiganta leprosy colony near Durgapur. Under his supervision Umeed Foundation completed its first project of **Mushroom Cultivation**. Currently he is supervising Umeed Foundation's second project, constructing full setup Vermicompost unit in the nearby colony. He is teaching Mushroom cultivation and building vermicompost, which will help the socio-economic development of these inhabitants, giving them self-sufficiency and dignity. Umeed Foundation is proffering economic assistance to these projects. Through this project there will be a scope of employment and income for the leprosy affected colony people, who do not have the means to have even one meal a day.



🎯 Project : Installation of Deep Tube well at Sunderban (South 24 Pgns)

Umeed Foundation has installed deep tube well at Gosaba island, Sunderban (South 24 Pgns) under the supervision of Mr. Soumitra Mandal, Secretary – Ferrywala.

This is a mass beneficial project in the midst of a salty water island that has benefitted at least 150 families of the 3 nearby villages.



THE ART AND SCIENCE OF PARENTING
NURTURE

GO BALANCE

HOW DO YOU WANT TO FEEL TODAY?
LIFESKILLS

LOVE

EMPOWERING EDUCATORS

Basic Counselling Skills
For Educators, Counsellors,
Social Workers & Allied Professionals

- Learning for life beyond books
- Smart Tech savvy not tech slave teens
- Study skills - learning to learn 3 R reading writing responding
- Mnemonics -Tips Enhance memory and concentration
- Responsibility Training
- Assertive Communication - Rational Decision making
- Accepting Differences - Positive Peer Relationship
- Anti Bullying policy by students for students
- Career by choice not chance - awareness of options & process
- Love & Logic in Parenting
- Parenting styles
- Nurturing a confident child - building cognitive & Emotional skills
- Working moms raise Strong kids
- Parenting A scientific Art - Age appropriate approaches to discipline
- Connecting to my adolescent reducing conflicts
- Emotionally Intelligent Educators - EQ in classroom
- Adolescent Behavior Management- Dealing with Anxiety, Aggression & Addiction
- Discipline by Design - Non punitive methods to improve impulsive behaviour
- Good Mental Health - Reducing Stress and creating wellness
- Respond not React - Teachers Proactive response strategies for students
- Art of giving instructions- Teachers tool box to create Compliance
- Parents - the good the bad the ugly situations -Assertive techniques
- Positive Psychology Approach to Create Happiness in classrooms
- Gender Sensitivity in schools as a whole school model
- Integrated Teaching books and beyond -Teachers inculcating life skills
- Teacher as a leader - class management techniques
- Teachers as Barefoot counsellors
- Whole school Guidance & Counselling Model to support Behaviour management
- Human Emotional Spectrum to learn Emotional regulation and Build Emotional Intelligence
- Counselling Coaching and Mentoring skills
- Active listening skills to Build rapport
- Talking when it provides solace Therapeutic and Transformative
- Empathy as a base of trusting relationship
- Counselling interventions to build Hope & Resilience
- Nurturing Self Esteem in Adolescent years
- Aggression Anxiety Addiction — How to deal

Ummeed in News

अभिभावकों ने जाना कैसे समझें किशोर मन

जम्मू संस्कृत एम.बी.एस. संत कैरेंस स्कूल के परिसर में आयोजित कार्यक्रम का आयोजन

Councillor speaking during a programme.

KCPS holds Faculty Development Program on Child Counselling

Excelsior Correspondent

JAMMU, July 13: KC Public School conducted a Faculty Development Program focused on

बच्चों में नैतिक मूल्यों का रोपण करना जरूरी

संत कैरेंस में मानसिक स्वास्थ्य पर कार्यशाला

कार्यशाला में भाग ले रहे शिक्षकों का समूह

08.07.2025

बिहान भारत

जीपीएस चास बोकारो में माता-पिता एवं अभिभावकों हेतु ऑरिएंटेशन कार्यक्रम

अभिनव के साथ-साथ परीक्षा विषयों पर चर्चा कर कार्यक्रम को सफल बनाने में सहायक रहे

डीपीएस चास में माता-पिता एवं अभिभावकों हेतु ऑरिएंटेशन कार्यक्रम आयोजित

माता-पिता और अभिभावकों को अपने बच्चों के लिए उचित सलाहकार और सहायक के रूप में तैयार करने के लिए कार्यक्रम आयोजित किया गया।

कार्यशाला में भाग ले रहे अभिभावकों का समूह

Session on Stress-Free Parenting at Beldih Club

PNS : JAMSHEDPUR

A session on stress-free parenting was organized at Beldih Club, Bistupur, by the Jamshedpur chapter of Young Indians (YI). Renowned counseling psychologist and parenting expert Saloni Priya conducted the session, sharing valuable insights on balancing love and logic in parenting.

Addressing over 50 participants, Priya emphasized that consistency is key to effective parenting. She highlighted the importance of praising children for their efforts while also teaching them problem-solving skills.

तारापुर में शिक्षकों के लिए सहानुभूति पर कार्यशाला

जम्मू संस्कृत एम.बी.एस. संत कैरेंस स्कूल के परिसर में आयोजित कार्यक्रम का आयोजन

कार्यशाला में भाग ले रहे शिक्षकों का समूह

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