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UMMEED

ISSUE JANUARY - DECEMBER 2018



CREATING POSSIBILITIES

POSITIVE PSYCHOLOGY AWARENESS
ADOLESCENT BEHAVIOR MANAGEMENT

LIFE SKILLS FOR CHILDREN & YOUTH
SCHOOL SAFETY & CHILD RIGHTS

COUNSELLING SKILLS FOR EDUCATORS & CAREGIVERS
ART & SCIENCE OF PARENTING

BUILDING MENTAL HEALTH PROFESSIONALS
OUTREACH TO UNREACHED - UMMEED FOUNDATION

GREETINGS FROM UMMEED!

A positive psychology initiative to touch lives making it inherently better and better.

UMMEED AWARDED BEST PARENTING CLASS AT NATIONAL LEVEL

With each year more people feel empowered, energized and enabled by Ummeed, and this gives tremendous satisfaction to us, as we make people from all walks of life, feel and have faith in basics of human behaviour, dealing with life situations and life experiences with awareness and acceptance. With technology invading our privacy every moment, cluttering of information due to huge volumes that are accessible, top notch in marketing, bombarding us to relook and change, relationships all around being redefined, more and more people feel the need to be listened to, the need to be understood & need to be loved!

Every counselling session at Ummeed shows respect to the everyday life challenges of people from 3 years to 63 years, maintains confidentiality and allows people to BE THEMSELVES. Psychology students from John Hopkins to TISS Guwahati, Christ Bangalore to Rohtak University, Arya College BHU to Hisar became part of Ummeed adolescent programmes and a steady stream of these young professionals learning through internship at Ummeed made our workshops more research oriented. The continuous learning at Ummeed allowed several therapy trainings on REBT, NLP, Play therapy by professionals, where social workers, counsellors, special educators honed their skills and are ready to embrace more challenges.

More than hundred educational institutions visited in 2018, from Jammu to Kochi and from Surat to Guwahati, took the Ummeed way to connect to teachers and inspired them to be the **'Emotionally Intelligent Educator'** needed to deal with millennium kids. The series of workshops on **'CHILD RIGHTS'** spreading awareness on school safety, **ensuring emotional safety of students**, support staff, **prevention of child abuse**, made heads of school realize the role of educators as trusted partners in the cause & were highly appreciated.

Educators & Caregivers joined hands with us in Odisha, Rajasthan, UP, MP and West Bengal to certify themselves as **Pastoral guides & Guidance counsellors** to cater to students in their care ensuring good values, better gender sensitivity and deeper emotional wellness rather than just hollow academic drilling. More than 175 participants were certified in 2018 and currently we running 7 batches which will continue in 2019.

We intend continuing our flag ship programmes Art of parenting, Life skill development in 2019 with more zest and more belief! Ummeed team, stronger than ever, are daring to be different, ready to shake things up! Greatly indebted to each member of my team to make this journey possible.

All our dear well-wishers, colleagues, friends, believers, continue to be with us as there is lots happening for the right cause.

May you have 2019 as a year of fulfilment, gratitude and experience joy of being humane.
GREETINGS FROM UMMEED!

"COUNSELLING TO CONNECT & BUILD CULTURE"
APALA DUTTA, PRINCIPAL,
BIRLA BHARTI

"REACHING OUT TO UNREACHED UMMEED FOUNDATION"

"EMPOWERING CULTURAL ROOTS"

"SUPPORTING AUTISM INTERVENTIONS"

"EMPOWERED EDUCATORS"-FR. SAJU
PRINCIPAL, DE PAUL, BERHAMPUR

"SKILL VS SYLLABUS SUSTAINABLE PRAGMATIC SOLUTIONS"-EDUSERVE

"EXPANDING UMMEED FAMILY OF PROFESSIONALS, BELIEVERS IN POSITIVE PSYCHOLOGY FOR LIFE!"

"PARTNERING PROGRESSIVE EDUCATIONAL INSTITUTIONS" THE HERITAGE SCHOOL, KOLKATA

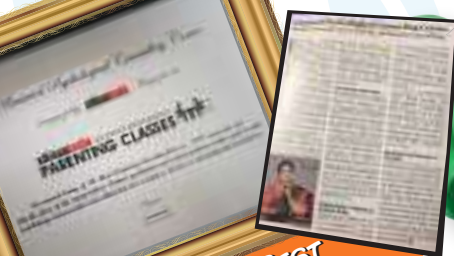
"WHOLE SCHOOL PRACTISING POSITIVE COUNSELLING"-MR. MYERS, PRINCIPAL,
FRANK ANTHONY PUBLIC SCHOOL

"BHAWANIPUR COLLEGE COMMITTEE FOR AWARENESS AGAINST SEXUAL HARASSMENT"

"COUNSELLING SKILLS FOR EDUCATORS"

"DISCOVERING NEW HORIZONS"-CAMPION INTERNATIONAL SCHOOL, SILIGURI

"BELIEVING IN YOUTH"



GRATITUDE FOR BEING WITH UMMEED CENTRE

"SCHOOL AS CHILD RIGHTS CHAMPIONS WITH UMMEED" -FR. JOSEPH SVD, SECRETARY, ICSC ASSOCIATION, ODISHA & CHATTISGARH

"HONOURED TO BE FELICITATED" BY SHRI MADHAVAN PRANJAPAE, ADVISOR TO NATIONAL COUNCIL, FOR 102 SATYA SAI SCHOOLS IN INDIA

"CREATING NEW POSSIBILITIES FOR CALCUTTA SUBURB"-MRS. MITRA CALCUTTA ROY, PRINCIPAL, ADAMAS SINHA INTERNATIONAL

"TEACHERS AS COUNSELLORS INITIATED"-SR. KRIPA, PRINCIPAL, ST. VINCENT, BALASORE, ODISHA

"SACRED HEART SCHOOL, STRIDING AHEAD TO RESTORE AURA OF PUBLIC SCHOOLS IN DARJEELING HILLS"

"BELIEVER OF SKILL BUILDING OF FACULTY FOR CREATING INSTITUTIONS FOR CONSCIOUS COMMUNITY DEVELOPMENT"-MR. D. MURUKRISHNA, CHAIRMAN, VIKASH GROUP, ODISHA

"PASSIONATE LEADERSHIP, MENTORING CORE TEAM"-MS. SHWETA KANUDIA, DIRECTOR, SUNBEAM, MUGHAL SARAI

"MR. PRADEEP AGARWAL, CEO KBT, MS. SEEMA SAPRU, PRINCIPAL, FORCE BEHIND SUCCESS STORY - THE HERITAGE SCHOOL

"AFFORDABLE QUALITY EDUCATION WITH MODERNITY - COMMENDABLE INITIATIVE ACROSS U.P. SUNBEAM CORE"

"SENSITIZING PARENTS, EMPOWERING SCHOOL PREFECTS & EDUCATING LIFE SKILLS, A YEAR ROUND POSITIVE PSYCHOLOGY INTERVENTION"-FR. KIRO, PRINCIPAL, DON BOSCO, LILUAH

"NEW VISION FOR MILLENNIUM KIDS IN ASSAM"-MR. NIRPEN DUTTA, PRINCIPAL, ROUND SQUARE SCHOOL, MILES & BRONSON, GUWAHATI

ST. JOSEPH'S HIGH SCHOOL, BHUBANESWAR, ODISHA

"TEACHERS TO MATCH PACE WITH DEMANDING TIMES"-MR. T. IRELAND, PRINCIPAL, ST. JAMES SCHOOL, KOLKATA

"REJUVENATING ORGANISATIONAL CULTURE"-ATUL SRIVASTAVA, PRINCIPAL, TAPTI VALLEY SCHOOL, SURAT

"REVAMPING AND REDIRECTING EDUCATION IN LEGACY SCHOOLS"-GEN. S. S. NAIR, DIRECTOR, BIRLA SCHOOLS, PILANI

"SAFE SCHOOL & A CARING SOCIETY FOR OUR CHILDREN"-SUVINA SHUNGULLU, PRINCIPAL, SRI SRI ACADEMY

"700 EDUCATORS, UNDERSTOOD NEED FOR POSITIVE MENTAL HEALTH FOR STUDENTS," THANKS TO BELIEF OF FR. PEPPIN, SECRETARY, DIOCESE OF J&K

"ALCPS, SILIGURI, ADDING ANOTHER FLOOR TO SCHOOL BUILDING, BELIEF, STRENGTH & PERSEVERANCE ALWAYS WINS"

"LIONS GREATER YM, CONQUERING NEW HORIZONS, GREAT TEAM LED BY KAKOLI GHOSH"

"LIONS SILIGURI CITIZEN PUBLIC SCHOOL IN A BEACON OF HOPE TO COMMUNITY, BUILDING STRONG FOUNDATION IN 1000 CHILDREN IN JUST 4 YEARS"

"POSITIVE PSYCHOLOGY Approach", Spreading Mental Health Awareness in Society



40th AGM & Conference of Principals in Association of Odisha ICSE schools

Odisha Chattisgarh region ASISC organised "Redefine Education"- Salony Priya sensitized heads of school on School Safety Measures and ensuring Emotional Safety of Children and Adolescents at School.



ARYA MAHILA COLLEGE, Varanasi, U.P.

ARYA Mahila College (BHU, Varanasi) organised a workshop on Addiction Management awareness for post graduate students of psychology.



SRI JAI NARAIN POST GRADUATE COLLEGE, Lucknow, U.P.

Indian Association Of Life Skill Education-International Conference. Life Skills And Well Being Of Children And Youth In The Digital World Organized By: Sri Jai Narain Post Graduate College, Lucknow.



THE INSTITUTE OF CHARTERED ACCOUNTANT OF INDIA

The Institute of Chartered Accountant of India (Setup by an Act of Parliament) Siliguri branch of EIRC of ICAI, Siliguri branch of EICASA of ICAI organised Workshop on Stress Management training for young CA professionals building resilience and Self awareness.



PASHUPATI PLYWOOD INDUSTRIES, Nepal

Empowerment of managers at **Pashupati Plywood Industries, Nepal** training on team building interpersonal skills to build a "Learning Organization." Leaders were given training on Enhancing Emotional Competency.



'VIMARSH' DISCUSSION PLATFORM, BHU, Varanasi

VIMARSH Research Scholars of Psychology & Education deliberated on Gender sensitivity at BHU, Varanasi.



Panel Discussion with **M.r Ashok Chandra**
Ex. CBSE Director



INDIAN PRINCIPAL NETWORK REGIONAL SUMMIT

Indian Principal Network Regional Summit for all heads of school (UP held at Lucknow). Salony Priya key note speaker on creating schools for the 21st century.

"Salony's talk, created sense of purpose, gave us a far sight and holistic role of educational leaders, immensely enriched." - **Mr Singh, Director, Blossoms**



Torpa, Ranchi, Jharkhand



PCDPA FOUNDATION AT GJU UNIVERSITY, Hisar, Haryana

Panel discussion: Positive Mental Health, an International Conference on Positive Psychology for Health and Well Being organised by **PCDPA Foundation at GJU University, Hisar.**



SAHODAYA AMRITSAR

Sahodaya Amritsar invited Salony Priya for Leadership seminar for heads of school for all over Punjab, Haryana and Chandigarh. School leadership take the initiative to break the ceiling, enhancing the quality of care and holistic education being provided in their schools. She inspired principals to introduce sustainable culture of counselling and guidance for educators, parents and youth in their care.



"BASIC COUNSELLING SKILLS CERTIFICATE COURSE"

Birla Education Trust

*Birla Public School
Birla Balika Vidyapeeth
Birla School Pilani
Birla Shishu Vihar
Birla International School Kishangarh*



"Thanks a lot ma'am for being with us for a short span yet updating us comprehensively about Learning basic skills of counselling & human behaviour. I think it's important to experience kindness so that you can experience it more in the future. I believe that patterns of emotional behavior are set down before adolescence and I think that if you have not observed kindness, you will not recognize it. You have to experience kindness in order to be kind.... Once again Loads of thanks, Salony ma'am & ur team to makes us learn all of these unknown facts." - **Rajendra Yadav**



Frank Anthony Public School

Kolkata, W.B.



"Today's counselling class taken by Salony Priya ma'am was excellent and the session was really helpful to understand adolescents."
- **Amit Mondal**

"The sessions are so insightful right from the beginning till the end. It has not only taught us to empathize and understand adolescents but to also become responsible enough to use practical means to help them overcome their difficulties & support them genuinely without giving up." - **Priyanka Ghata, Teacher, Frank Anthony Public School Kolkata**

Sacred Heart School

Siliguri, W.B.



"Educative and learning experience." - **Suren Thapa**



"Has been a very enlightening experience." - **Arpan Rai**



"This session is more interesting since we got ample opportunities to put theory into practice."
- **Mr. P. Yonzon**

Enabling Educators for "CHILD & ADOLESCENT MANAGEMENT" based on Effective Guidance Counselling Model



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Ummeed's certificate course on Basic Counselling Skills has reached out to over 100 educators in 2018 from progressive schools such as - Birla Education Trust Schools - Pilani, Sacred Heart - Siliguri, Vikash Concept School - Behrampur, St. Vincent's School Senior Secondary - Balasore and Frank Anthony Public School - Kolkata.

Through real life case study discussions, role play for building practical counselling skills, Active Listening, advanced empathy, educators have committed themselves to a year long training programme to develop a better insight into child and adolescent behaviour.



"Thank you so much Salony ma'am for empowering us with the basic knowledge of taking care of our students in the best possible way...."
- Pushpanjali Rath



"Wonderful presentation and demonstration to make the session energetic and sensible and also your valued suggestions to understand the basic concept of counselling with different dimensions."
- Sujit Dora



St. Vincent's Senior Secondary School

Balasore, Odisha



"This session was very informative and we got to learn many skills attending, rapport building, paraphrasing, etc. We came to know about educational needs of my students. It will be helpful to my students." - Shalini Singh



"It was truly a wonderful session and it gave me immense information to know about the feelings and emotions of children. It cleared all my doubts regarding emotional needs, behavior and feelings. It was a great experience in doing the SOLAR practically. I learned many things and find more ways to cope with the problematic student." - Amrita Diga



UMMEED advocates "CHILD RIGHTS & PREVENTIONS OF CHILD ABUSE" in school



WORKSHOP ON SAFETY MEASURES, CHILD RIGHTS AND POCSO

Ummeed conducted several interactive session at various School like, Adamas International School, DAV Model School-Durgapur, DAV Model School-Asansol, Contai Public School-Contai, Carmel School-Rourkella, Julien Day School-Howrah, Sri Sri Academy-Kolkata with 650 Teachers and 250 Support Staff to understand physical and emotional safety at school and creating a safety network to prevent Child Abuse, Child Rights and POCSO Law. The session was conducted by Ms. Salony Priya, Founder Director of Ummeed Counselling and Consulting Services.

SRI SRI ACADEMY, Kolkata, W.B.



DAV MODEL SCHOOLS

R.L.J.D.M.C. DAV RANIGANJ
DAV PUBLIC SCHOOL, NIMCHA
DAV PUBLIC SCHOOL, ECL JHANJRA
DAV PUBLIC SCHOOL, ECL PANDAVESWAR
DAV PUBLIC SCHOOL, MTPS
DAV PUBLIC SCHOOL, HCL, RUPNARAINPUR
DAV PUBLIC SCHOOL, MTPS DVC
MDB DAV PUBLIC SCHOOL, BANKURA
DAV PUBLIC SCHOOL, DUBRAJPUR

"I am very thankful to my school for giving me an opportunity to attend the workshop on child safety. Many unwanted happenings around a child can be made aware of, understood and preventive measures can be adopted through abuses to stop abuse. Thanks a lot from the bottom of my heart. This session will enable us to help the children who are abused or protect the children from abuse."

- Mrs. Debashree Ghosh Roy

DAV Model School, Durgapur

"Thank you Salony ma'am and her Team for this session. The topics are extremely relevant given as per current scenario. We learnt about Child Rights, POSCO and Safety Measures, more which will help us in future."

- Jyoti Tulshyan
Team Wonda Box, Sri Sri Academy



"The session was informative, quite helpful in many aspects. We came to know many things about child rights. The second half of the session was too good where madam spoke about 'POCSO'. The matter of child abuse is a current issue nowadays. The session discussed about it and how since a very small age children can be taught the difference between 'Bad Touch' and 'Good Touch'. Teaching them 'boundary line' and its demonstration was also very nice."

- Rakhi Biswas
DAV Model School, KSTP, Asansol

ST. KAREN'S, Patna, Bihar

"A very thought provoking session that made us aware of so many aspects of child safety. Thank you Salony for making us aware of the huge canopy of child rights and our responsibility as change agents. A must workshop for each educator!"

- Ms. Seema, Principal



CONTAI PUBLIC SCHOOL, Contai, W.B.

"I learned about child rights, life skills and safety measures from today's session. One area of learning that I would like to incorporate in my classroom is explaining about life skills by using different activities, charts and smart board presentations. I would like UMMEED to conduct a more detailed workshop on child rights. Such workshops should be conducted from time to time. This is an excellent workshop for us. Both the resource persons are very cooperative." - **Tuhin Subhra Maity**



TAURIAN WORLD, Ranchi, Jharkhand

"We would like to see you again in our school for a different workshop. Learned about Skill Development, Child Rights & POSCO. In future we would like to have sessions on Personal & Interpersonal Relationship."

- **Anmangshu Chowdhury**

"It was very nice workshop. We came to know about Child Abuse, Child Rights, Adolescence - how to deal with the emotional needs of the children. Similar Workshop on Adolescence would be helpful in the Future."

- **Sangita Mukhopadhyay**



"It was very efficient. Learned Capacity Building & How to handle weak students, abused students, Child Rights. In future we would like to have Counselling sessions for teenage girls on periods and how to handle the situation."

- **Shama Parveen**

G. D. GOENKA, Siliguri, W.B.



"It is always great to hear your insight on every day issues, a real eye-opener. Thanks mam." - **Mrs Kaur**

ST. PAULS, ST. JOSEPHS, CARMEL SCHOOL, Rourkela, Odissa

"I felt very motivated, a very informative session, very grateful for this sharing by Salony mam."

- **Priya, Support Staff, St. Pauls**

"Despite being aware of child abuse problems, this workshop was an eye-opener. I am aware that I have an important role as a teacher to help victims. I can complain to POSCO if I see such abuse being carried out in society. Would like a workshop on how to deal with behavioural problems of students - positive steps that we can take and not just negatively. A very good workshop."

- **Bhaswati Samara Divareka**

ST. JAMES SCHOOL, Kolkata, W.B.

"Learnt about the role of teacher in child protection - by being patient and taking appropriate steps to help. I would like a future workshop on handling student temperaments and handling of technology by students in a prudent manner. The workshop was enlightening. Looking forward to more such workshops. Thank you." - **Saptaparna Bhattacharya**



TAPTI VALLEY INTERNATIONAL, Surat, Gujarat



“PSYCHOEDUCATIONAL WORKSHOPS” for “ADOLESCENT BEHAVIOUR MANAGEMENT” for educators across India by UMMEED

DIOCESE OF JAMMU & KASHMIR



In Service Training program, organized by Diocese of Jammu - Srinagar education society for 700 teachers across 17 schools from Nagri, Basoli, Ramkot, Billawar, Samba, Hiranagar, all over J&K. Father Peppin visualized these trainings as empowering educators to be emotionally intelligent, connecting to today's youth.

"Mrs. Salony Priya's seminar is very interesting, value based, we learnt many things. We learnt language of information, trust and topic. We learnt about fundamental rights of child and about identifying the importance of age in properly dealing with children." - **Mrs. Radhika Fatima, Convent High School Bishnah**

"A lot of activities to learn from this seminar, like ways to teach different age of students, how to understand them, what are the things necessary for a class teacher from where the students learn and how to make the parents understand about the different issues related to students problems and how to handle them." - **Prabha Kiran, Presentation Convent High School.**



Xaviers Convent Kathua, Jammu
Peter HS School, Karanbagh, Jammu
Carmel school, Jammu



**TAMRALIPTA
PUBLIC SCHOOL,
Tamluk,
W.B.**

**SATYA
SAI VIDYA
VIHAR,
Vijaipur, M.P.**



OIL INDIA H.S. SCHOOL, Assam

Interactive session at Oil India H.S. School, Duliajan and Moran at Assam, to Inspire Educators of the Millennium to understand Positive Classroom Management and Emotional Empathic care for Children and Adolescent reached out.

"Excellent! Excellent! Excellent! A wonderful resource person, highly experienced and presents things really well. Given examples from real life situation which is very helpful. Thanks a lot ma'am." - **Monoj Kr Gowla, Sr. School Teacher, Oil India HS School, Duliajan**



"An extremely practical approach, deep insight delivered by Salony ma'am's signature style of simplicity and humour, made us all enthralled and deeply touched."

- **Sanghamitra**



HOLY ANGELS, Rajpura, Punjab

Extremely useful session, where Salony ma'am, made us see the subtle symptoms of adolescent problem and taught us to deal with them with empathy and time approach." - **Ashu Sofat, Headmistress, Holy Angels**



ADAMAS INTERNATIONAL SCHOOL, Kolkata, W.B.

Workshop for
Jr. School

Teacher at

Adamas International
School, Belghoria, on

Ensuring Emotional Safety of Students by Knowing the Child Rights, POSCO and Emotional Aspects of Learning.

Reflection of the Educators

"From today's session I have learnt that how to deal with the behavioural problems faced in the school children and the rights of the children. Also how to modify the classroom instruction in a more positive way. The session was quite enriching." - **Tushti Laha, Adamas International School**

"In today's session I have learnt that how to care, adapt and support the children and how we should empower the children with their emotions." - **Amanpreet Kaur, Adamas International School**



**ST. XAVIERS,
Patna, Bihar**



"In this session I have learnt 'common classroom behaviour' and 'building vs blaming.' Ma'am you are outstanding!! Well done ma'am."

- **Manju Thakuria Das, Miles Bronson Residential School**



BLOSSOM, Gorukhpur, U.P.



**DE PAUL SCHOOL,
Behrampur, Orissa**



"Keep it up with same spirit and with new ideas and experiences." - **J.Sailaja, De Paul School**

**NORTH POINT SCHOOL,
Kolkata, W.B.**



**DALIMS SUNBEAM,
Varanasi, U.P.**



"Ma'am you have shown us the way of how to deal with the children, whereas I was facing problems like how to handle that child and you have solved my problems. Thank you ma'am, it was a wonderful session."

- **Sonam Ramani, Dalims School**



**CARMEL SCHOOL,
Durgapur, W.B.**



"Thank you ma'am for having such an interactive session on topic which is rarely discussed and also help us to know about what is Child Right and POSCO Act".

- **Dhenendna Sahana, Miles & Bronson School**

MILES & BRONSON SCHOOL, Guwahati, Assam

"UMMEED WHOLE SCHOOL YEAR ROUND INTERVENTIONS" with STUDENTS, TEACHERS & PARENTS at educational institutions



"Very educative session for the parents. This could definitely build a strong and transparent relationship between the parents and children. THANKING YOU."
- Dr. Ferul Alam (Neurologist), Parent

A journey that goes back to 2011, Frank Anthony Public School has truly emerged as a school that cares about the social and emotional wellbeing of not only the students, but the entire school community. Our partnership involves year round whole school



need based positive psychology interventions that goes beyond individual counselling of students. In 2018, we have addressed **Child Rights and Safety Measures with Educators, Understanding Adolescent Needs And Multiple Abilities for parents and Lifeskills training for students of junior and senior school on relevant topics such as Personal Safety, Dealing with Bullying, My Body My Space** to name a few. The school is equipped with over 60 trained and certified Pastoral Guides who provide social and emotional support to the students in their care.

FRANK ANTHONY PUBLIC SCHOOL, Kolkata, W.B.



"The use of role plays at our sessions is to implement active listening Skills. We went through the 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, Teacher

JULIEN DAY SCHOOL, Howrah, W.B.

Ummeed began its interventions in Julien Day School, Howrah in the year 2017. Ummeed has reached out several students through group sessions as well as individual session to enhance their **relationships, study skills and tried to resolve several issues.**

- To encourage **students of class IV** to be not only active participators but also **Active listeners**. Highlighting the factors related to studying. **Understanding Memory** and various techniques to remember things for a longer time period.
- Millennial generation (**class X students**) learning to deal with **balancing their real and virtual lives, impact of social media** on adolescent emotional health, decision making and social skills.
- Developing the habit of reading with understanding in **students of classes VI and X** and factors related to environment that **effect studying** was also touched upon.
- To help the **students of class IX to XII know themselves better, their interests, abilities, aptitudes, and opportunities** and motivate the participants to believe in themselves. Also emphasis on the importance of taking control of one's life.



Our whole school intervention approach enabled educators as well as the parent community to be empowered on issues such as **Safety Measures to Prevent Emotional and Sexual Abuse of Children and To Understand The**

Need For Counselling in a progressive schooling set up.

"A very encouraging and informative session on Child Safety. Through this session, we as teachers have learnt the importance of our students/children and that we are responsible for them. An eye opener for one and all."

- Mr. R.J. Armstead, Vice Principal, Julien Day, Howrah

CALCUTTA INTERNATIONAL SCHOOL, Kolkata, W.B.

"it was an informative session and reassuring to know that we have counselors who are genuinely concerned for kids. We should have more sessions on depression, self affirmation and coping strategies." - Swati Chamaria

"Teachers need to be aware of their role while dealing with students' problems. This is a common phenomena in today's world and the session would help me to deal with students." - Subrata Ghosh



LIONS CALCUTTA GREATER VIDYA MANDIR, Kolkata, W.B.



"It was a wonderful session on the much needed topic. A very learning experience, topics covered like trial and error methods were commendable, got to know so many ways to help children with learning problems. It is going to help us in a long way to conduct remedial classes." - **Neha Kapoor, Pre Primary Teacher & Coordinator**

"After going to the workshop, I learnt a lot of things about memory. The things required to get a smart memory was learnt with lots of interactive pictures. The teachers were also very friendly and they taught us with great enjoyment. I would like to get more workshops like this again." - **Debasmita Ghosh, VII**



A progressive school of the 21st century is conscious about providing holistic development to the children in their care. **The Social and Emotional literacy programme** in this reputed educational institution in 2018 involved the following whole school positive psychology interventions.

- Lifeskills Training for students on **Assertive Communication, Friendship & Accepting Difference, Health & Hygiene, Language of Respect, Ready to Learn, Meaning of personal space, How to enhance memory, Good Manners, Interpersonal Relationships, Friendship, How to enhance Study Techniques.**



- Educators Empowered on to child centered approach of teaching – Pre Primary & Junior School Teachers sensitized on **Remedial Practices by Saswati Roy**, Special Educator – Inspiring educators on **emotional empathetic care** for adolescents in their care.
- **Parenting Orientation** on **How To nurture a confident child**, sessions for parents of pre primary, junior and middle school highlighted **important transition stages** and to enable parents to be consistent in their parenting styles.
- Individual counselling support to children of junior school now also incorporates **projective techniques** to identify underlying emotional patterns of the child. In this respect, numerous Play Therapy sessions has been very instrumental.

Ummeed has been associated with Hariyana Vidya Mandir, since 2013. Ummeed has been trying to help and create an environment for students to find their path to a successful adult life through Counselling, Classroom sessions and life skill workshops. Training initiatives with Students teachers and parents have covered the following areas:

- **Positive Classroom management**
- **Child Safety and Child Rights**
- Students sensitized on various lifeskills topics in an age appropriate manner on **Anger Management, Prevention of Bullying, Internet Addiction, Dealing with Procrastination and Goal Setting.**

The importance of friendship and self respect as well as respect others, to create deeper insight among children and adolescents about their inner self and how to develop emotional security as well as physical, session on safety measures Ummeed has introduced **PLAY THERAPY** through counsellors in **Hariyana Vidya Mandir**.

HARIYANA VIDYA MANDIR, Kolkata, W.B.



"From today's session I have learnt how to deal with disobedient, restless & frustrated children. I would like Ummeed to conduct a session on class management, like skill session, signs of temper and how to deal with hyperactive children." - **Laily Mahalanabis**



"This session was very inspiring and we get to know that how we can get rid of the distraction and achieve our goals." - **Ritika Jaiswal, XII-B4**



BIRLA BHARATI, Kolkata, W.B.



Ummeed journey began and counsellors from Ummeed started strength based counselling of its students in November, 2017. This collaborative effort for the whole school was new but taken very well by the teachers and students. From November till date almost **196 children have benefited from individual counselling and 29 Group and Life skill session took place.** Its heartening to see that, students themselves started understanding the importance of counselling, trust and came in seeking help on their own. Many children are benefitting and feel more in control, more secure and surer.

Year Round activities for the educators, support staff and the students.

- Sensitizing the educators on **adolescent issues and use of positive psychological interventions in a school scenario.**
- Support staff, sensitized on **school safety issues and child's rights as under NCPER. Good touch and bad touch.**



"It was very informative. We were actually surprised and didn't expect such a thing. We are happy to see that the school has such a progressive approach. Also, we were concerned a lot about the pressure our child might face in his new school. Now, we can rest assure that he is in safe hands. It is also nice to hear that counsellors would be available on two days a week to solve issues the child might face." - **Vinod Kr. Chakravarti, Parent**

- Lifeskills for students - **Acts of Bullying and How to Prevent Them, 'How to control Anger and Aggression by effective management techniques as well as through their communication styles', The merits and demerits of internet usage, Reality of Social Media and Its Effects on Our Daily Lives.**

BHAWANIPUR EDUCATION SOCIETY COLLEGE, Kolkata, W.B.

Ummeed and Bhawanipur Education Society College collaborate for yet another year of youth outreach. Our interventions with the young adults are a 2 part process - an initial skill mapping for all newly admitted students which enables them to explore their strengths and individual counselling for students who seek help for their social and emotional concerns. The college faculty also underwent a sensitization programme to obtain deeper understanding of the millennial generation.



SACRED HEART, Siliguri, W.B.

"I was very happy to learn about my friends. I learnt that we should complain to our teachers if we see anybody getting bullied and ask for help. I am very thankful to you Ma'am." - **Tushar Kumar**

"I learnt that we should not bully but respect others. I learnt that we should help those who need us. Thank you Ma'am." - **Saksham Kumar Bhagat**



ST. ANTHONY SCHOOL, Kurseong, W.B.



"Salony ma'am today by your motivating teaching you made me learn many things about what I was - a very nice question which I would like to reply soon, thanks ma'am for such a thoughtful & beautiful session which really motivated me." - **Aditya Tamang**



"I am happy with this, I can follow it, I will do the things which you referred to. Thank you for such a good day, I enjoyed very much at the counselling. I had a very wonderful and a very good day. I will always follow the things that you taught us and I had learnt many things from you. I would always follow your instructions and I will always help you and others. Thank you Salony ma'am." - **Riten Chettei, X-B**



UMEED FOUNDATION

REACHING THE UREACHED



TOLLYGUNGE HOME

Umeed Foundation got an extremely touching experience by visiting Tollygunje home on 26.07.2018. We were rejuvenated with love, warmth and zeal for life. God bless these brave hearts and young souls.

MOTHER'S MISSION INTERNATIONAL SCHOOL, Kolkata, W.B.

Umeed Foundation got an opportunity to conduct an interactive life skills session on "Smart Memory" with 200 children from disadvantaged backgrounds on 28th August 2018. Interactive Umeed Foundation life skill session has fulfilled activities, thought provoking discussion, touching videos and the result is more sensitive aware children.



EK PRAYAAS



ATMABISWAS SCHOOL FOR SPECIAL CHILDREN



Umeed Foundation got an opportunity to build up a rapport with all children through various activities which could help them to hike their self esteem on 08.08.2018. We are rejuvenated with love, warmth and zeal for life.



AUXILLIUM CONVENT, Kolkata, W.B.

Auxillium Convent, Barasat, Principal, Sister Clara, welcomed the toddlers by coaching and sensitising parents on Positive Parenting, the Ummeed way Positive Proactive approach to bring up children in the new millennium.

"It was a wonderful session to cultivate the issues of parenting. I thank the school for arranging the session." - **Sampa Dey**

"The session was very nice. I will definitely improve from this." - **P. N. Biswas**

ST. ANTHONY, Kurseong, W.B.



THE HERITAGE SCHOOL, KOLKATA, W.B.

DPS, Numaligarh, Assam



Ummeed partnered the cause of Holistic Education for children by sensitizing parents of Adamas International at Nazrul Manch on millennium parenting, the socio cultural changes and its impact to be understood by parents. 5 P model of parenting shared. A packed house with more than 600 young parents keen to learn, a very interactive session.

"A very enriching enjoyable experience, Salony Priya ma'am's everyday examples were touching. Thank you Adamas International School." - **Mr. Dasgupta**

ADAMAS INTERNATIONAL, Kolkata, W.B.



BRAINTREE, Bongaigaon, Assam



Parents and educators together as the Caregivers nurturing a positive relationship

A visit to educational institutions at Bongaigaon, Assam. Nice to see effort of a young couple to bring best to their city after they having exposure of education in Pune, Hyderabad and Delhi, was happy to partner this noble cause and provide early child education guidelines to Radhika ma'am and her team. The enthusiasm of parents in the session that carried on till late evening was very heartening.

"7 skills critical for young learners was amazing, loved how salony ma'am kept us enthralled for 6 hours." - **Papiya, Teacher, Braintree International School, with R.K. Chaudhury**

DON BOSCO, Liluah, W.B.



Don Bosco, Liluah, two days of enabling parenting for teenagers of this millennium, A to Z of proactive parenting techniques shared in a climate of trust and empathy, made parents feel reassured and guided.

More than 600 parents have attended from class VIII to XII. Father Kiro and Father Rector addressed parents on 'contemporary issues, structure and distractions - how to steer your young boys.'



"Very good interaction & understanding of the topic of parenting. It will help us to develop our relationship with our children." - **Subhajit Datta, Father of Sagameel Datta, X**

"It made me think how to live and correct my behaviour towards my child as I was not focusing on their potential." - **Rajendra Kumar Sharma**

LIFE SKILLS

Sensitizing Adolescents on Cyber Safety and Self Management Skills

"I have learnt that concentration is important, something about the importance of study, about the distraction that we often meet while studying and also that visualizing practically makes us easy to learn. It also gave me the idea of how to improve our study."

- Raghav Dohia, VI-D



"I will surely not bully someone after this session. And if I am bullied I will make sure I form strategies and community to fight against it."

- Himanshu Poddar, VIII-B

ST. JAMES SCHOOL, Kolkata, W.B.



DON BOSCO SCHOOL, Liluah, W.B.



CONTAI PUBLIC SCHOOL, Contai, W.B.



"This workshop held by Salony ma'am is one of the best workshops we have had. She explained to us the importance of having goals in life. She helped in understanding the evils of internet which are spreading. This workshop was definitely an eye-opener."

- Yuvraj Newar, XI

BIRLA PUBLIC SCHOOL, Pilani, Rajasthan



DAV Asansol, W.B.



BIRLA DIVYA JYOTI, Siliguri, W.B.



TAPTI VALLEY INTERNATIONAL, Surat, Gujarat



CARMEL SCHOOL, Rourkela, Odisha



ST. KAREN'S SCHOOL, Patna, Bihar

On 27th and 28th June, 2018 Ummeed conducted an interactive session with more than 700 students of St Karen's, Patna. This workshop enabled them with insight of the Internet world, how to be empowered by technology and not become its slave. A Special workshop was designed in St.Karens for the students who were office bearers for the present academic year. This workshop enriched and enabled them to understand their responsibility and empowered them to become good leaders with its true moral essence.



"The topic of the workshop was perfect because it was for teenagers. She made us realize that we are a generation who are ready for the future and the world is full of competition. She gave an insight about the disadvantages of the web. I liked the workshop very much. It gave me a guidance of life. For a minute I thought she was like my mother who also acted as a mentor. Thank you so much ma'am."

- Arpit, VIII-H



ST. JOSEPH'S, Bhubaneswar, Odisha

On 20th Sept 2018, Ummeed has conducted a Life Skill session with 250 students of class X, XI and XII of St. Joseph's School, Bhubaneswar on 3 R's of adolescent, Respect, Responsibility and Relationships and enabling students to understand spectrum of skills they need to develop to navigate in life. Social media, use it sensibly, Be inspired Invest in your belief, handle situation and emotional turmoil, Deal Vs deny. Resource person was **Ms. Salony Priya**.

"The session conducted by you today was wonderful. I got to learn many new things. This was definitely one of my best experience in life to have a session with you. The 3 R's of adolescence and 5 points of self responsibility that you demonstrated today would really help me out in my future and even in my present situation. The values that I learnt today will surely turn me into a good human being." - **Mainak Kumar, X-A**



AUXILIUM CONVENT, Kolkata, W.B.



On the 8th of June 2018, Ummeed conducted an Interactive session with classes 8 and 9 of Auxilium Convent, Barasat. The workshop enabled them with insight of virtual world, how we need to be technology smart rather than technology dependent. Students learnt about building their own skills and social and emotional competencies to survive in the real world. Inspiring session first students as they were empowered to convert their dreams into goals.

"I have really learnt lots of valuable things from ma'am. You have really opened my eyes and alerted me about my future. The videos were valuable and effective. I really give a grateful thanks to ma'am for setting up paths for my future." - **Koushami Nath, VIII-A**



DPS, Varanasi, U.P.



"Today's session was worth praising and learning about the topic 'Gender Sensitisation' was great. Well, many a times I have come across such advises that, 'You should not speak in such a way. You're a girl and you should not talk about such things.' This session made me realise that one's habits are not based on one's gender. Thank you!" - **Riddhi Kulbhushan Singh, IX**



SUNBEAM, Varanasi, U.P.



MILES & BRONSON, Guwahati, Assam



DPS, Numaligar, Assam



DE PAUL, Behrampore, Odisha

"It helped me to know capabilities, strength as well as weakness. It helped me to not waste time in useless things, to identify distractions and how to avoid myself from those. It has helped me to concentrate on studies and how to study smartly by visualization, by giving mnemonic device etc." - **P.Sucharika, X**

- **P.Sucharika, X**



"This was an awesome experience of some perfect counselling based on things which have a great impact on our lives such as enhancing our abilities and the things important in the adolescence stage of life." - **Alok Mishra, XII**

- **Alok Mishra, XII**



"CAPACITY BUILDING INITIATIVES" at UMMEED, in the field of "PSYCHOLOGY & MENTAL HEALTH"

INTERNSHIP | Ummeed's Internship programme for Psychology Students - Youth Outreach

Ummeed strongly believes in connecting and collaborating with students and professionals from field of psychology and related fields, in order to create more acceptance for counselling as a strength based preventive medium for individuals from various walks of life.

Ummeed's internship programme has been a platform for many students who seek hands on experience to understand the application of psychology in the real world scenario.

Students Pursuing Internship at Ummeed from Institutions such as:

- LORETO COLLEGE, KOLKATA
- GOKHALE MEMORIAL GIRLS COLLEGE, KOLKATA
- J.D. BIRLA (HUMAN DEVELOPMENT DEPARTMENT), KOLKATA
- RAJABAZAR SCIENCE COLLEGE, CALCUTTA UNIVERSITY
- LADY SHRI RAM COLLEGE FOR WOMEN, NEW DELHI
- ST. STEPHEN'S COLLEGE, DELHI
- CHRIST UNIVERSITY, BANGALORE
- MOUNT CARMEL, BANGALORE
- IGNOU
- AMITY UNIVERSITY, NOIDA
- AMITY UNIVERSITY, HARYANA
- AMITY UNIVERSITY, KOLKATA
- AMITY UNIVERSITY, MUMBAI
- JAI HIND COLLEGE, MUMBAI
- SCHOOL OF ALLIED HEALTH SCIENCES, MANIPAL UNIVERSITY
- NORTH DAKOTA STATE UNIVERSITY, USA
- JOHNS HOPKINS, BALTIMORE, USA

Student Interns at Ummeed given hands on exposure in:

- Case discussion sessions with senior psychologists, with special focus on interventions
- Understanding different therapeutic techniques such as CBT, REBT, Play Therapy
- Role play to understand counselling techniques
- Detailed understanding of spectrum of learning difficulty and related behavioural maladaptation
- Development of various counselling tools
- Field visits to observe workshops for educators, students and parents
- Impact of positive psychology interventions on underprivileged children through visit to shelter homes, orphanages



Feedback of students

“ ”

Life at UMMEED has been very interesting and full of knowledge... right from day one to the last day of my internship. I am thankful to each and every individual here for providing me with the best mentoring and guidance. I wish to come back here again. Thank You.

– **Md Tabish Seraj, 2nd year student**
Amity Institute of Psychology and Allied Sciences, Uttar Pradesh.

“ ”

I have not only gained knowledge at Ummeed but also now I am more curious to get to know more and learn more. It has consolidated my decision to take up counselling as my career goal. The supervision sessions were so interesting! The workshops gave us an insight into how positive psychology helps people.

Abiha Islam, 3rd year student, B. Sc. Honours student of Human Development, J.D. Birla Institute.

“ ”

My internship at UMMEED has been filled with a lot of learning and exposure in the field of mental health. The best part of this internship was the supervisory sessions where we discussed interventions, skills, crisis interventions, cognitive behaviour therapy and many other topics.

Anisha Sheikh, Tata Institute of Social Science, Guwahati.

“ ”

Being given the opportunity to work with children at various schools as an Ummeed Intern, gave me a lot of insight into adolescent issues. I wish Ummeed best of luck and I feel honored for having been a part of the wonderful work they do here.

Jaskirat Deosi, Graduate student of B.Sc. Psychology, North Dakota State University.

7 day Play Therapy Certificate Training at Ummeed

As a constant endeavour at Ummeed to build professional in field of Psychology a week long experiential learning was organized where Ms Jolly Laha, expert for last 30 years trained school counsellors, psychology post graduates, social work graduates, school principals and teachers alike. Play Therapy a very effective method to understand inner world of children was a rewarding experience.

"Play Therapy is very effective for me. From this we can learn that from small toys we can analyse a child, his inner self. A child can overcome his anxiety through Play Therapy." - **Shilpi Dutta, Teacher, LIONS.**

"I loved attending the training. I have learnt from our trainer Ms. Jolly Laha, how to deal with issues patiently." **Nivedita Chakraborty, Vice Principal, Usha Martine School.**

"It was a beautiful experience and I think I am lucky that we were trained by Ms. Jolly ma'am. It made me reflect my inner child, understanding the language of play and art was so enriching."
Anisha Sheikh, Student, TATA Institute of Social Sciences.

" Learning about psychology of child through play materials is excellent experience for me."
Chhaya Nain Agarwal, Educationist, Dew Drops Montessori School.



Certification of Teachers, Co-ordinators, Discipline incharges, Hostel superintendents, & wardens on Basic Counselling Skills across the country. Ummeed sees it as a beacon of hope that educators and care givers alike take responsibility for emotional health of students in their care.

Educators from the following Schools participated in training:

- Birla Education Trust Society Schools, Pilani
 - Birla Public School
 - Birla School Pilani
 - Birla Balika Vidya Mandir
 - Birla International School
 - Birla Shishu Vihar Pilani
- Delhi Public School, Varanasi
- Sunbeam Group of Schools, Varanasi
- Sacred Heart, Siliguri
- Frank Anthony Public School, Kolkata



DELHI PUBLIC SCHOOL, Varanasi, U.P.



BITS, Pilani, Rajasthan



SUNBEAM, VARANASI, U.P.



FRANK ANTHONY PUBLIC SCHOOL, Kolkata, W.B.



SACRED HEART, Siliguri, W.B.



"This was an amazingly different experience that fostered deep learning. After this workshop, I feel invigorated. My vision has taken new shapes. This workshop will long remain a high point of my life. Thank you ma'am for everything you did." – **Ajay Tiwari, DPS, Varanasi**

"With reference to Navya, a class V student who went through something similar. Her section was changed and she had none of the friends from previous year's section in the current academic year and she had a tough time socializing with other classmates." – **Ganesh Kumar, Teacher, Frank Anthony Public School, Kolkata**

Counsellors and Psychologists taking training on REBT, NLP, Progressive Muscle Relaxation Technique, Projective techniques.



Skill Enhancement of inhouse counsellors and trainees at Ummeed, focusing on Multi Modality therapies such as Neuro Linguistic Programming, Progressive Muscle Relaxation and Projective Techniques.



Our endeavour to enable continuous learning and collaboration is realized through yet another mixed batch of educators, school coordinators, psychology students, and concerned parents who come together to undergo a 10 month intensive process to Empower themselves with Basic Counselling Skills. The certificate course provides ample opportunity to the participants for a deeper understanding of adolescent needs and emotions, which culminate into a plethora of behaviours. As they journey on to become trained and certified pastoral guides who will soon be ready to provide better emotional and social guidance to youth in their care.

OUR COUNSELLORS



SPRIHA PATRONOBIS | M.Sc Psychology, with specialization in Clinical Psychology from Calcutta University.

Founder member and Head of School Projects at Ummeed. Associated as School Counsellor at Frank Anthony Public School, Kolkata and Calcutta International School. As part of Ummeed, she has also contributed in counselling and training interventions in institutions like Bhawanipur Gujarati Education Society School, Bhawanipur Education Society College, BRCM group of Institutions, Bahal and The Heritage School. She has over 10 years of experience in handling adolescent issues, especially behaviour management and career guidance.

DR. SARBANI LAHA SAMANTA | Ph.D in Clinical Psychology from University of Calcutta

Associated with Ummeed since 2014. Currently she is a senior Counsellor and Life Skills Trainer. Visiting Counsellor at Hariyana Vidya Mandir. She has contributed in Ummeed Foundation projects such as Jyotirmayee and Ek Prayaas as well. Being a senior Counsellor, Sarbani's in house sessions on NLP, Projective techniques, psychotherapy, Brain Gym have been an immense source of insight for Counsellors and student interns alike.



PINKI BANERJEE | Counsellor, Play Therapist And Life Skills Trainer

At Ummeed, she is the visiting Counsellor for Lions Calcutta Greater Vidya Mandir and Julien Day, Howrah. She has worked with schools such as St. Mary's Orphanage, Dum Dum and Mount Litera Zee School, Maheshtala. Pinki is a trained play therapist and works with children under 10 years age to identify their social and emotional skills through projective techniques. Completed Psychiatric Counselling course from Indian Psycho Analytical Society Pinki has 7 years experience working as a psychiatric Counsellor at Netaji Subhas Chandra Bose Cancer Research Institute and Mood Society.



PAYEL CHATTERJEE | M. A in Clinical Psychology, Counsellor and Life Skills Trainer

Associated with Ummeed since 2015. The journey started from being an Intern and now as a Counsellor. At Ummeed she is the visiting counsellor at Birla Bharati School, Kolkata. Payel has also provided support to projects such as Contai Public School especially to address pertinent issues through life skills workshops.



SASWATI MUKHERJEE | M.S. in Counselling and Psychotherapy

Trained on Child Psychology and Crisis management, she is Trainee Counsellor and Life Skills Trainer at Ummeed, visiting Counsellor of Hariyana Vidya Mandir. She derives fulfillment through working with adolescents and effecting positive change in their lives. Through the platform of Ummeed, she wishes to reach out to many more and work towards alleviating the stigma associated with counselling.



DEEPIKA TARAFDER | MA Psychology from IGNOU and Post Graduation Diploma in Counselling from NCEB Jadavpur University.

At Ummeed, Deepika is a trainee Counsellor who visits the Bhawanipur Education Society College for individual student counselling. A former Educator at St. Teresa School, Lucknow and B.D. Memorial in Kolkata, Ms.Tarafder's passion for understanding adolescent issues enabled her to enhance her skills as a Counsellor.



NIKITA JALAN | Clinical Psychologist

At Ummeed, she is the visiting Counsellor for Bhawanipur Education Society College. She enjoys working with both adults and children of varying ages and cultural backgrounds, presenting with a diverse range of concerns and is well equipped with a multi-therapeutic approach. She has extensive experience in psychometric assessments, clinical diagnosis and Psychotherapy in various organizations such as Medica Superspecialty Hospital and Institute of Neurosciences.



CENTER EXECUTIVE

ABIRA NASKAR | Office Executive and Ummeed Foundation Project Coordinator

Completed masters in Environmental Studies and Social Work from Rabindra Bharati University. Apart from handling administrative responsibilities at Ummeed, Abira has over 6 years experience in social work which enables her to actively contribute in Ummeed Foundation to collaborate with various NGOs.

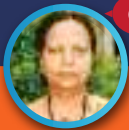


OUR CONSULTANTS



Kasturi Mukherjee
Senior Consultant, Counsellor

Associated with Ummeed since 2011, Senior consultant and counselling supervisor at Ummeed. M.Sc. in Applied Psychology, Human resource development and organizational counselling. Conducted several mental health awareness programmes in various NGOs for over 15 years.



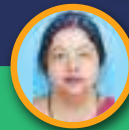
Anasuya Dasgupta
Post Graduate In Psychology (Delhi University) Diploma In Training & Development (ISTD, Delhi)

Ex. Professor of Applied Psychology at Amity University, Noida and BS Trainer in State Bank-Training College and various corporate organizations. At Ummeed she provides support to adult clients through relationship, marital, stress related counselling and is a key resource person the Basic Counselling Skills training.



Dr. Anindita Chatterjee
Consultant Clinical Psychologist

Over 25 years experience in psychometric assessment, clinical diagnosis and therapies, holding important posts in Apollo Gleneagles Hospital, Kolkata, Child Guidance Clinic in Peerless Hospital and B.K Roy Institute, Kolkata, among many more. Founder Director of Julian Day New Mission, an Inclusive school, Kolkata.



Saswati Roy
Consultant Special Educator

Associated with Ummeed as a Special Educator Consultant for identifying and implementing need based curriculum for children with academic difficulties. Associated with Sushila Birla Girls' School, Kolkata for past 12 years, previously with Asha Eastern Command Special School, Fort William, Kolkata. Recipient of Pearson Teaching Award in 2013 for Outstanding Contribution to Special Learners and Global Teacher Accreditation Research Project in 2014 by British Council.



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