



UMEED

Positive Living Initiative

UMEED

ENABLE. EMPOWER. ENERGIZE.

Issue No.: II Jan - May, 2013

UMEED turns

A JOURNEY of Thousand Miles begins with SMALL STEADY STEPS!

- On 4 of April 2013, Umeed completed two years of an eventful journey. Umeed has partnered with **18 Schools & reached out to 100+ Schools across 9 states in India.**
- Empowering Young Minds** project was taken to schools, colleges and other learning institutes across the country. Over **15,000** students have been empowered.
- Over **1000 students** were counselled one to one and with that our conviction to Enable Empower and Energize.
- 2700 Teachers** have participated in different Umeed workshops.
- 750 individuals** have been counselled at the Umeed Center in the last one and a half years. We have covered an age spectrum of 3 to 63 years.
- Umeed is committed to working with children from the underprivileged backgrounds.
- Umeed has also worked with social organizations like the Lions Club and Rotary Club.
- Umeed has been conducting workshops for corporate employees and their clients.
- Umeed has been closely involved in working with Heads of Institutions, Key Policy.
- Planners and Decision Makers. Advocacy Forums have been created to bring together important stakeholders.
- Umeed hopes to that beacon of light and the oasis of hope for people to shed their burdens rejuvenate themselves and surge ahead in life with renewed vigour and optimism.

Heartiest Congratulations to you the entire Umeed family with whom I am also proudly associated.... There are many more milestones to be covered.... Cheers and all the best!!!!
- Vikas Jain, CA.

Congratulations! It is entirely your commitment and dedication that has helped Umeed achieve what it has today. I wish you all the very best in the years to come.
- Seema Sapru, Principal
The Heritage School

Congratulations on turning 2 :) keep up the good work.
- Dr. Jai R Ram

Heartiest Congratulations and best wishes!
- Prof. Neerja Chaddha
Programme Coordinator IGNOU
MSCCT & PGDCFT

A heartfelt of wishes cannot be expressed in hundred sentences, hundred sentences cannot be summarised into few words to express my pleasure on the steep but steady success of the sapling called UMEED which was planted two years back. Today it has taken the shape of a huge flower and fruit bearing tree with branches and sub branches extending its services to thousands in need. A huge initiative by a great leader and a wonderful team work is what sums up the story of UMEED. Congratulations Ma'am and kudos to team UMEED. Let there be many zeros beside the 2 (200000..... yrs) Long Live the Organisation!
- Kakoli Ghosh Principal Lions School

Congrats! Its a great achievement Salony! Thanks for creating ripples in the still waters of Kolkata. Looking forward to more activities and reaching out to more people!
- Lipica Bhattacharya, Special Educator

Congratulations to Salony and all at Umeed for having completed 2 years in this city. May you continue to Enable, Empower and Energize many more. - Sr. Mercia, Principal Loreto, Dharamtala

Congratulations!! U have done such a spectacular job in such a short time. May the road ahead be just as rewarding - Michael Robertson, Board Member Grahams Home, Kalimpong, Life Coach and HR Trainer

Congratulations to Umeed for all the work you do I look forward to partnering with you where counseling skills are needed.
- Joyce Premilla, Director of IJM, Kolkata

Congratulations to you and your team! Keep up the good work and keep our 'Umeed' of goodness alive. All the Best for your future endeavours.
- Rupa Bhattacharya, Principal South Point School

I Let me take this opportunity to congratulate and appreciate all your good efforts in this field. Your presence in schools has brought in quite a bit of positive outlook. With your enthusiasm and vigor, I am sure many more children are to benefit in the future. All the very best, God bless your tireless efforts to turn this world a better place to live in. - Fr Joseph, Principal St. Paul's School, Rourkela

Congratulations! We are always with good people with good intentions.
- Dr. Kaushik Lahari

Congratulations on reaching this milestone. It must be an amazing feeling to have started an organisation and see it grow in front of your eyes.
- Radha Baruah, Principal - Sanskriti Gurukul

Hearty congratulations for the wonderful way you have steered UMEED in the past two eventful years. I'm happy to have been part of it. May UMEED continue to offer HOPE to many more people. This is my prayer as I wish you a wonderful journey ahead. - Sr. Marcellina, Principal Auxilium Shillong

Heartiest Congratulations. My best wishes to U and Team Umeed for all times to come. I sincerely hope that both u and Umeed scale new heights and touch as many lives as possible thru your positive healing sessions. God Bless.
- Pallavi, Well Wisher

CONGRATULATIONS to you and your team at UMEED for completing 2 years of a meaningful journey. I am sure you have given many- who are not so sure of their path, the confidence to continue their journey in a stronger way. We are happy to be associated and look forward to working with you in future.
- Amita Mitra, Weavers Studio

Congratulations. I do keep hearing of the great work you and your team are doing.
- Ms Khulliar, Principal, Akshar

Congrats for completing 2 successful and meaningful years of UMEED. Wish UMEED will cover more and more schools to benefit large no. of students and conduct still bigger event in future to achieve its goal and objective. With all my sincere good wishes!
Lion S. L. Daga, MD Avani

Congratulations for completing two successful years. The road ahead is daunting but the success rate of Umeed shows that it is equipped to tackle the task efficiently. Wishing you and the team the very best in all the endeavours that Umeed undertakes.
- Sunita Arora, Headmistress, DPS Megacity

Greetings from the J.H. Tarapore family! Congratulations on the completion of 2 years of UMEED. It is indeed living up to its name and I'm sure it will go along way in being an' UMEED KI KIRAN' for the society at large. All the Best for all your future ventures and endeavours.
- Lata Sharat Principal J H Tarapore School, Jamshedpur

Congratulations and blessings on Umeed and the whole team.
- Hilda Peacock, Principal Grahams Home, Kalimpong

Good morning ! It is so heartening to see the kind of work you and the team at UMEED are doing and the great service being rendered to the community at large. You and UMEED are always in my prayers and good wishes, Mam, I pray that God showers his choicest blessings on you in terms of good health and strength to carry on the marvelous work you have been doing unconditionally and may this work spread through out the world now, I wish UMEED and your kind self all the very best.
- T M Anthony, Headmaster - DPS Howrah

Congrats to you and your team for this wonderful feat. May the coming years enable you to reach out to more people and add value to their lives. - Syed Sultan Ahmed, MD Edumedia India, MENTOR magazine

CONFLUENCE OF EDUCATORS – A One day Seminar in Collaboration with The Heritage School



Dr. S. GHOSAL
Principal Designer
at NID Bangalore Campus



MR. JINAN
Educationalist
Mechanical Engineer
from MACT

"All the Speakers were excellent. I personally feel, that the concept of 'Design Creativity' concept is the most pertinent point today" – Swagata Chaudhuri, Shri Shikshayatan School, Kolkata

"The session on exploration of learning given by Mr. Jinan, the way in which students were learning themselves, many fundamentals aspects of life, was fascinating." – Deep Malya Mukhopadhyay, Heritage Institute of Technology, Kolkata



Dr. JITENDRA NAGPAL
Psychiatrist
(Chair person AISCAP)

Participating Institutions:

SCHOOLS : Frank Anthony Public School • The Heritage Academy • Our Lady Queen of the Mission • Mahavir Institute of Education & Research • Techno India Group of Schools • Sushila Birla Girls School • Haryana Vidya Mandir • Apeejay School • B.D.M International School • Lions Calcutta Greater Vidya Mandir • The Future Foundation School • Contal Public School • Agrasain Balika Siksha Sadan • Loreto Bowbazar • R.N. Singh Memorial School • Jewish Girls School • Shri Shikshayatan School • M.C. Kejriwal Vidyapeeth • Carmel High School • Tamralipta Public School (Tamluk) • National English School • Army Public School (Barrackpore) • St. James • Techno Model School • Delhi Public School (Megacity) • South City International School • The Heritage School

Newspaper Highlight from The Telegraph

Academics highlight changing education scenario



BEYOND SCHOOLS

• The Teachers Centre (Loreto House) • Jadavpur University • Loreto College • Iner wheel • Rotary Lions were also organisations represented by their August members.



Ms Salony Priya - Founder Director, Umeed at the Panel Discussion Gap Between Being Educated and Being Employable

PANELISTS : Mrs Nandani Saha - Associate Professor in English at Jadavpur University, Mrs Rita Banerjee - Teacher at Carmel High School, Mr Jaydeep Chittlangla - Managing Director Madhya Bharat Papers, Mr Anil Mukherjee - CEO and Managing Member of Tollygunge Club, Mr. Vikas Jain - Partner at B. Jain. Co, Ms Seema Sapru Principal The Heritage School

91st Annual Anglo Indian Meet of Association of Heads of Anglo Indian Schools



It was the 91st Annual Conference where well reputed schools from Bangalore, Rourkela, Lucknow, Mussoorie participated. Ms Salony Priya addressed the audience on topics related to adolescent issues and strategies to deal with it in a proactive manner.



PARTICIPATING SCHOOLS

- La Martiniere Boys & Girls
- St Josephs College
- St Xaviers, Calcutta
- St. James
- Loreto School
- Hilton School, Mussoorie
- St. Teresa, Lucknow
- St Davis, Panchgani
- A. G. Church Schools - Asansol, Purulia, Burdwan

LIFE SKILL WORKSHOPS

"Today's session was very interesting, enjoyable and learnable. I learnt a lot, they were – to set goals and step by step attain them to respect others, to be patient and take our decisions correctly and wisely. – **Anushka Singh, Hill Top School Jamshedpur**

"I had spent a very interesting and joyful session with you. I am very happy as you have given us many dictations, joyful moments, I am sure that I will improve myself in future". – **Sourav Patra, Contai Public School**

"I have learnt to respect. I am very thankful to you that you helped us to know ourselves through the process of JOHARI WINDOW". – **Chandini Ghosh, Holy Cross School, Agartala**

"Loved every bit of it. Learnt a lot" – **Satarupa Gupta, Don Bosco School, Agartala**

"Today I have learned that we should make a smart goal. Thanks a lot for giving such knowledge for which I will always be thankful" – **Yashita Jaggi - R.K. Sarda Vidya Mandir**

The workshop we have come across, we have learnt not to fight, not to abuse and not to tell lies to anyone". – **M.P. Faisal, St. Sebastian School**

"Today I learnt how to show gratitude to the important things in my life which I use daily. I liked the discussion by the resource persons". – **Neha Soni, BRCM Public School, Gyankunj Bahal**

"I have learnt from Umeed to be thankful for what we have got. I am very thankful for this as I have learnt many different ways to say thanks" – **Aman Kejriwal, BRCM Public School, Vidyagram**

I liked this session very much I will keep in mind the teachings of today's session. – **Dibyani Kumar, Blessed Sacrament High School, Puri**

"I learnt to control my emotions, to make a right choice and to get rid of any kind of addiction" **Soumini, St Joseph's Covent Higher Secondary School, Chittaranjan**

"The session taught not only me but I hope to all others cultivating the hidden hope and talent again in each of them. They instilled the hope that was really lost from my life." – **Satrajit Roy, St Patrick's Higher Secondary School, Asansol**

"I learnt ow to succeed in our life, how to maintain our daily schedule and daily life. The resource persons were very good and their approach towards us was really nice." – **Neeladri Parikha, St Vincent's High and Technical School, Asansol**

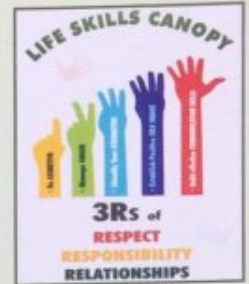
Thank you ma'am, this workshop help me a lot, today I identify my best quality, from today I believe that I can achieve my goal. – **Gopal Kr. Singh, Holy Family Convent School, Liluah**



Shree Jain Swetamber Terapanthi Vidyalaya, Kolkata



St Vincents School, Asansol



Carmel School, Durgapur



Hill Top School, Jamshedpur



Royal Global School, Guwahati



St Josephs High School, Chittaranjan



A G Church School, Asansol



Don Bosco School, Agartala

YOUTH LEADERSHIP MEET

Organized by Rotary Club of Calcutta South East & Umeed

Umeed joined hands with Rotary Club of Calcutta South East, to organize a Workshop for School Prefects and School Captains on Leadership Skills at Birla Planetarium. The workshop aimed to appraise the youth of their responsibilities of being a good leader through various group activities & interactive sessions. The students shared their views on diverse critical social issues.

"This session was very helpful to build up my feelings and confidence. My goal is to make the school perfect for education and playing".

– **Plabojit Karmakar**



St. Patrick School, Asansol



Blessed Sacrament High School, Puri



Holy Cross School, Agartala

National Gems School, Kolkata

Break Through Project by UMEED – Making a Difference

Pioneer Property Managers Training



As part of its Corporate Training Initiative, Umeed conducted a series of Training Workshops for employees of Pioneer Property Management Limited in the month of May. Cutting across hierarchy, employees from the junior most field executives to the senior managers and vice presidents were trained on varied issues.

For the junior executives and managers the training focused on aspects like Effective Business Communication Skills,

Team Building and Leadership Attributes. For the Senior Managers it dwelt on issues like Building and Leading Teams, Mentoring, Coaching as well as defining Organizational Culture and Climate. Ms Salony Priya was the resource person for the training conducted for Senior Managers and Vice Presidents while Ms. Srividhya Sainathan and Ms. Ishita Bhaumick were the resource persons for the junior managers and executives.

A series of 10 sessions culminated in a feedback and information sharing with the Managing Director of Pioneer Group Mr. Jitendra Khaitan. Following this, core areas where the organization needs to invest time and efforts in the days to come were also identified. Specific HR initiatives were discussed and deliberated upon as well.



National Conference for Teachers at Don Bosco Training Institute, Guwahati 23rd May, 2013



21st century education Empowering Teachers and excelling performance where Ms Salony priya was invited to do a session on Proactive Response Strategies in the classroom

TCS



Training at TCS by Umeed for Emotional Intelligence

Eduserve School Consultancy



Ms Salony Priya giving awards at EDUSERVE SUNBEAM at Varanasi on the occasion of Eduserve awards nite for felicitating school teachers.

R K HIV Aids Research & Care Centre



R. K. HIV Aids in association with Calcutta International Club organized HyGEIA, 2013 an initiative towards Healthy life, where Salony Priya was invited to address the issue of Emotional Wellness on 19th May, 2013.

ATMADEEP

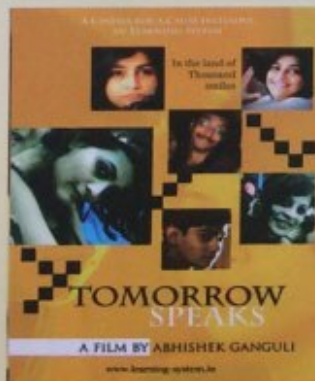


Knowledge Partner

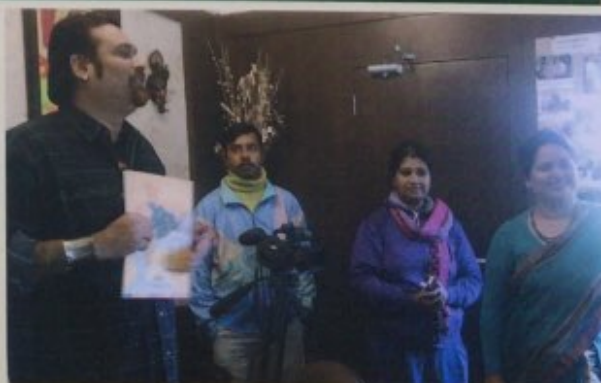


A School Scholarship Program was organized by 'EI SAMAY'- an e-Paper launched by Times of India Group. UMEED being the knowledge partner of the project prepared an aptitude test for middle and high school students. This initiative aims to find the most diligent adolescents from the various schools of Kolkata.

Cinema for Cause



'Tomorrow Speaks...in the land of Thousand smiles' is a Cinema for Cause initiative by Learning System (www.learning-system.in) in which we are trying to capture the essence of Growing Up Years of Adolescents; Teenagers (Age group 8-10 yrs to 19-21 yrs) Quality Parenting and the take / Observations of Psychologists / Psychiatrists / Medical Experts / Dieticians / Mental Health Activists on such burning issues. The Shooting has been done in Thailand (islands of Kohchang/Pattaya) and Kolkata. The Film is on its Editing Table and should be complete by June-July, 2013. The Film is directed by Abhishek Ganguli (Chief, Learning System). We gratefully acknowledge the help of Umeed and Ms Salony Priya for the Support and encouragement and Inputs.



Sensitising Educators on Adolescence Issues Related to Sexuality

Family Health Education: Sexuality Education is an integral aspect of any individual's life. Before introducing it to students, Umeed initiated a series of Family Health Education workshops in schools to sensitize educators on how to approach this subject. We at Umeed believe that, there has been a paradigm shift in the concept of Sexuality and Gender related issues and Educators need to be enabled. This series has been conducted in Sri Sri Academy, Sushila Birla Girls School, Bhawanipur Gujarati Education Society School, KSMS Jamshedpur, BD Memorial School and St Pauls Rourkela.

Family and Health Education Workshop at St. Paul's School Rourkela - Hosted by ICSC Chapter of Odisha

PARTICIPATED SCHOOLS :

- St. Mary's School
- St. Joseph's Convent School
- Ispat English Medium School
- De Souza's School
- Nirmala English Medium School
- St. Lawrence School
- St. Mary's Convent School
- Monfort Sr. Sec. School
- Chinamya Vidyalaya (E.M)
- A.S.A.S.V.M. Roorkee
- Amar Vani School
- St. Paul's School
- Indo English School
- Association of Odisha ICSE Schools



B D Memorial International School



"Thank you for educating us about this topic. It is highly appreciable."
Shivangi Roy, Teacher

Sushila Birla Girls High School



The resource person was excellent, very approachable, communicative and motivating. All issues have been sufficiently covered." – Sayantani Mitra Teacher

Bhawanipur Gujarati Education Society



"The workshop had relevant topics. The resource person communicated well" - Mamta Karodia

Art of Parenting for Reliance



Ms Salony Priya addresses professionals of Stanley Morgan - Vijaya Bank Tree from Finance World at Bangalore, in association with Reliance Capital Asset Management Ltd. on 25th May, 2013



Little Explorers Girls - 7½ - 9 yrs



Umeed took a stand in empowering students & they believe that awareness should begin from junior school. Students need to know how they can physically and psychologically create boundaries, and the level of intimate contact that is appropriate with those who are in their environment.

Little Explorers "Group of Mothers"



"This has been a wonderful initiation for me as a mother, into a world where I find myself a little lost talking to my children. About so called so taboo words or topics. A sincere thanks to Ma'am for this eye opening and very entertaining session."
-Puja Dhandhan

Busy Dads Connects to their Busy Bees



Umeed has consistently been working with support /homogenous groups of individuals who are facing similar situations and concerns in life. In this context, it was a unique experience when a group of six fathers walked in to Umeed for a two hour session with Ms Salony Priya to understand the intricacies of parenting and the do's and don'ts for today's father. After an intense two hour interaction & discussion the group went back much energized and geared to look at fatherhood and its responsibilities with a fresh perspective.

PARTNER SCHOOLS WITH HOLISTIC PROGRESSIVE EDUCATION

Bhawans R K Sarda Vidya Mandir- Raipur



Contai Public School, Contai



Gyanoday Niketan School, Darjeeling



St Mary School, Kolkata



National Gems HS School, Kolkata



On behalf of National Gems Higher Secondary School I would like to extend my thanks to 'UMEED team' for guiding us to meet the challenges and stress of classroom teaching. The workshops conducted by UMEED were highly inspiring and motivating. The counselling sessions certainly brought a lot of hope and improvement in the lives of students.

Lions Calcutta Greater Vidyamandir, Kolkata



Congrats for completing 2 successful and meaningful years of UMEED. Wish UMEED will cover more and more schools to benefit large no. of students and conduct still bigger event in future to achieve its goal and objective. - Lion S.L.Daga, MD Avani, Trustee Lions Calcutta Greater trust

Sunbeam Group Of Institutions



Holy Family Convent Liluah, Kolkata



Partner Organizations: An increasing number of progressive schools have recognized that the psychological climate of the institution also adds to holistic education, along with academics and co-curricular activities. Many schools are opening their doors to school counsellors to help students to develop themselves and realize their maximum potential.

Umeed believes in reaching out to the youth, as they are the future. Schools provide a vast platform to work with youth. Umeed currently partners with 10 schools, not only in Kolkata but also in other parts of the country to provide need based intervention for students, teachers and parents alike. School services rendered by Umeed may be listed as follows:

Periodical (Weekly/fortnightly/monthly) visits by Umeed counsellor for individual student counselling.

Lifeskills workshops which follow the structure of group counselling for students of middle and senior school under the "Empowering Young Minds" programme. These sessions focus on sensitizing the students on age appropriate pertinent issues, as well as skill building for self enhancement, so that adolescents may grow into happy and well adjusted individuals. Teachers Empowerment workshops that focus on developing teachers as holistic educators. Positive parenting sessions which enable parents to not only focus on parenting concerns, but also guide them to work in partnership with the school for the betterment of the child.

BRCM Public School Gyankunj, Bahal



Mr. S.P Jayaswal felt that such workshops should be organized two times in session since it helps them how to behave, how to explain and how to control their expressions with students. BRCM Public School, Gyankunj, Bahal

Frank Anthony Public School



I write to place on record my appreciation for the work done by Umeed during the last academic year at the Frank Anthony Public School. The counselling of students, the life- skill classes, the staff and parent orientation programmes have all been very favourably received by those concerned. The positive effects are already evident in a number of cases. This had indeed assisted the further growth and development of the school and created an awareness of the need for such positive intervention. I feel we are a much better institution because of these services. My own personal thanks to you for the involvement and commitment you have shown in the arrangement. I look forward to a continued partnership between Umeed and our school. - Ian Myers, Principal Frank Anthony Public School

Empowering Educators

Teachers as Counsellors, Mentors & Guides

La Martiniere for Boys, Kolkata



I am very happy to have attended the workshop all the way through since there was so much to learn. I must admit, I was quite overawed by your endless energy and stamina. Thank you once again very enriching our lives and I should tell you that we are already on our way top using some of your practical and meaningful suggestions. I am also looking forward to your next visit which, I hope will address issues of a specific group in the school.
- Mr. S. Chakravarthi, Principal La Martiniere for Boys, Kolkata

Assembly of God Church School, Asansol



Blessed Sacrament High School, Puri



Loyola School, Kumar Doobie



Loretto Teachers Training Centre, Kolkata



Our Lady Queen Of The Mission School, Kolkata



DPS Megacity, Howrah



Don Bosco School, Agartala



Sophia School, Bangalore



St Joseph Convent School, Chittaranjan



Agarsain Balika Shiksha Sadan



St Patricks School, Asansol



Delhi Public School Megacity, Kolkata



Familial School, Kachra Para



St Vincents School, Asansol



Teachers Centre, Kolkata



Assembly of God Church School, Sodepur

ROYAL GLOBAL SCHOOL, GUWAHATI



The biggest challenges of today's teacher and educator are to manage behavioural issues of the children growing in media saturated world. Salony's workshop provided a meaningful insight and effective tools to the teachers. I am sure her training module on how to add 'SPARK' to the classroom will be an asset to the teacher. - Arup Mukhopadhyay, Principal and Education Officer, Royal Global School, Guwahati.



HOLY CROSS SCHOOL, AGARTALA



Hill Top School, Jamshedpur

Parenting Blues - Umeed Enables Parents

Little Scholars



"This is my second session on parenting with Ms. Salony Priya. It has been an excellent guidance to start with for preparing my daughter for high school."
- Nidhi Sarda



Bhawans R.K Sarda Vidya Mandir, Raipur



Carmel School, Durgapur



Little Scholars



The Heritage School, Kolkata

Focus Group on Art of Parenting



A group of Keen and enthusiastic Mothers had a session with Ms Salony Priya where topics related to Family Health Education were addressed.

"Thank you so much for the wonderful parenting session. I think it was really helpful and it would definitely help in better dealing with my child. I am sure I will be more patient to my child."
- Rashmi Chamarla



Birla High For Girls, Kolkata



Frank Anthony Public School, Kolkata



Akash Institute, Kolkata



Our Lady Queen Of The Mission, Kolkata

Comprehensive Experiential Training on Counselling Skills for Professional Skill Building

A Way To Better Living

The World Health Organization defines Mental Health as 'a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community'.

Sometimes we know that our feelings are due to particular circumstances such as marital stress, relationship problems, bereavement or illness, at others we may have no idea what is making us feel the way we do; all we know is that our lives have become uncomfortable, difficult or even seemingly intolerable.

If our anxiety becomes too high to control we can be prompted into making hasty decisions, often to be regretted, or act on advice with which we may not be wholeheartedly in agreement – and then have to live with the consequences.

Counselling may facilitate people to clarify their thoughts and feelings so that they can arrive at their own decisions, or even initiate major/significant modifications in their lives.

Apart from life skill training, individual counseling/ one-to-one interaction is essentially a lively, human and personal experience between two people. Therefore it is a process which requires commitment of time and effort from both ends. The aim is to assist the person in need to find his/her own answers and to become more in charge of his/her own life rather than less so; to live life rather than be lived by it. Counseling provides the opportunity to an individual to listen to the voice of his/her own heart and to come to any conclusion with his/her rational mind more objectively.

Part of The UMEED's initiative is to spread knowledge/awareness about mental health and encourage its practice in different sections of the society. This increase in awareness is essential to improve holistic wellbeing of any individual and also to dispel the stigma associated with challenges regarding mental health issues.



Kasturi Mukherjee
Consultant



UMEED's Social Responsibility Projects

Right from the time of its inception, it has been an integral part of the Umeed's vision and mission to reach out to all strata of society. The objective was to be an organization that works for the complete wellness of people cutting across barriers of class, caste, gender and language. After two years of concerted work Umeed is surging ahead with its CSR initiatives through which it aims to reach out to the people in the fringes and those who have thus far been unreachable.

Our Lady Queen Of The Mission - Free School



The workshop with the evening school students of Our Lady Queen of the Mission School was an enriching experience for UMEED. The objective of the workshop was to make participants aware of their own self, to highlight the benefits of team work. The participants were given a brief idea about the different styles of communication and the differences between listening and hearing. The participants were very enthusiastic and were keen learners.

Ek Prayas



Another Outreach initiative of Umeed was a workshop for the children of Ek Prayaas, an NGO which runs a school for street and slum children. The life skill workshop focused on Self Awareness and Character Building for children and was done through a series of interesting games and activities. It was an experience of a different kind for the children who learnt some valuable lessons in a fun filled way.

Professional Forum



The workshop on "Depression in Women" covered a wide range of topics ranging from types, causes, effects, symptoms of depression to psychological interventions and guidance. The workshop was interactive with participants exchanging thoughts and ideas regarding various issues faced by women regularly.

"It was very inspiring and informative. I have learnt so many new things and perhaps check on myself where this is concerned. I got certain clarity in understanding myself and other's. Well done. Thank you." - Sr Jolcy, Principal - Our Lady Queen of the Mission School

Weavers Studio



In keeping with its objectives to Enable Empower and Energize individuals and communities that are disadvantaged and marginalized, Umeed is conducting Life Skill Workshops for young women from underprivileged families. Workshops are conducted on issues that are relevant to their life and work. These workshops have created the much needed support for these young women to step out of their comfort zone and deliberate and understand issues that influence their lives.

Lajpat Balika Vidyalaya



On 28th December 2012, the Umeed team of Life Skill Trainers conducted a Life Skills Workshop for the students of class VIII, IX and X of Lajpat Balika Vidyalaya, a Government School. The focus of the session was on empowering the girls to Know Themselves Better. It focused in detail on issues of Self Identity, Identifying individual strengths and weaknesses and Self Confidence.



The session addressing the issue of "Dissociative Identity Disorder" (DID) was held at UMEED on Thursday, 25th of April, 2013. The members of Umeed Professional Forum attended the session. Ms Piya Nandi spoke about dissociative identity disorder through various clippings from a movie Sybil and a power point presentation.



Humara Lakshya Humara Sapna



Umeed conducted three sessions for 30 participants of the winter camp titled "Humara Lakshya Humara Sapna" conducted at Shree Digambar Jain Balika Vidyalaya. The participants were of a diverse age group ranging from 13 year old girls to 50 year women. The common thread that ran across all three sessions pertained to Women's Empowerment and the specific topics touched upon were Identity as a Woman, Communicating with Confidence and Do's and Don'ts of Public Speaking.



Ms. Piya Nandi
(Consultant at Umeed)

When I first met Ms. Salony Priya last year in August, I was impressed seeing her clinic, as well as her insight as a counselor. Her steady growth in this field is very impressive. She works tirelessly, providing therapy, conducting workshops all over India. I was elated when she offered me a consultant position as a Clinical Psychologist at Umeed. As promised I returned from USA beginning of this year. I was skeptical to work in a different environment, and what type of clients I would have to counsel. Salony gave me a broad overview of clientele, and her staffs. It has been a pleasure to work with Salony, specially her young staffs who all are a breath of fresh air.

The work I do in USA is in sync with what Salony does here. The only difference is dealing with clients. In USA, based on most of my clients, I generally follow Gestalt, being assertive, calling a spade a spade. Over here I have to deal with my clients is mostly Cognitive Behavior following Carl Rogers. Overall it has been a wonderful experience to work at Umeed, and I thank profusely to Salony for giving me the exposure. I thank everyone at Umeed.

Anant Foundation



Umeed is doing wonderful work. Umeed's workshop with Anant was an eye-opener. It helped me to realise how important it is to enable the youth to understand themselves better, thereby enhancing and enriching their life's experiences." Nupur Chamarla, President - Anant Education Initiative



TRAINING CONSORTIUM



Rita Banerjee : Teacher in Carmel high School Calcutta for the past 20 yrs and a teacher trainer with Umeed. As a Fulbright fellow successfully completed the Teaching Excellence and Achievement Programme in the U.S. in 2010. Have been part of the Alumni Peace Programme conducted in Eastern India called 'Teach Peace to Reach Peace'. Aimed to help student volunteers actively work toward social justice and equality through two U.S. Small Grant programmes on Service Learning, pertaining to Literacy among slum children and Leadership. As teacher trainer She hope to take professional educators beyond technical ability to deeper considerations of what it means to be a teacher in the 21st century.



Dr. Mou Chatterjee - Passed MBBS from Burdwan Medical college. MRCOG from Royal College of Obstetricians and Gynaecologists, UK. Consultant at Vision Care Hospital, Desun Hospital and Bhagirathi Neotia. Have been associated with CIINI as resource person and Master trainer for Reproductive Health. Have been associated with various NGOs in the capacity of a resource person for reproductive and adolescent health.



Nandini Saha - Teaching English for the past seventeen years at the Dept. of English of various Universities-Kalyani University, Nadia and Jadavpur University as permanent faculty. Has taken classes and been an examiner for the Netaji Subhash Open University. She Has been a subject expert for various institutes. Workshops with the teachers of Jawahar Navodaya Vidyalaya, Eastern region, in Kalyani. Conducted a workshop on Effective Communication for the senior students and teachers of KCPSARP School, Vijayawada, Andhra Pradesh.



Sugandha Ramkumar - More than 6 years of Counselling in various issues, Centre Coordination, Faculty, Speaker, organisers, Teacher, Social Worker. Worked as a center coordinator with Zee Inter active learning systems. Founder member of AESM Parivaar, a social service organisation of Anglo eastern ship management. Conducted seminars for parents on parenting, learning difficulties, special children & their needs etc Served as consultant to teachers, assistants & administrators in various ways Provided individual & group counselling to children, parents for various needs

LEARNING AT UMEED



"The journey of working in this esteemed organization has been wonderful. I joined the organization as an intern and during that time I was given many opportunities and was a part of many big events. The organization also provided me a platform where I could explore my abilities and capabilities" - **Shruti Luthra, Trainee Counsellor at Umeed.**



"Umeed has given me a lot of practical exposure. It is because of Umeed that I got to know about various arenas of work at an organization. I got to learn about play therapy and how one can use play to gather valuable information about a child." - **Amrita Nandy, Trainee Counsellor at Umeed**



"It has really been a wonderful learning experience for me at UMEED. The knowledge regarding mental health has empowered me with the skills to be a better professional. At UMEED I also learnt the techniques of multi tasking." - **Rossey Mukherjee, Trainee Counsellor at Umeed**



During my work experience at UMEED, I have learnt how to apply the skills of counselling while handling different issues of children, the importance of life skills and workshops for educators. I also contributed to the development of content for such workshops"- **Bhavini Vipani, Trainee Counsellor at Umeed.**

UMEED TEAM



SRIVIDHYA SAINATHAN
Head Training
Outreach Projects



SRIpra PATRONOBIS
Head of School Projects



DEBJANI MITRA
Senior Counsellor



UDITA BORAL
Senior Counsellor



ARCHANA SHARMA
Counsellor and Life Skill Trainer



URBI-NAG
Counsellor and
Life Skill Trainer



Umeed means a ray of hope and I learnt the true meaning of it working as an intern here, when people dedicate themselves to help others to move in a positive direction and do their bit to make every child count and make them feel worthy by indulging in helping them. To see the future of our country be who they are in a better and positive way. To sum up my experience at Umeed was very different and it also helped me to have a stronger bond with Psychology as a subject as it has opened an eye in me which only an experience like this would do. - **Ambika Burman**

UMEED WISHES LUCK



At the outset, I wish to thank you for providing me with the opportunity of working in UMEED. With your support and guidance, I have learnt a lot in the 3½ months here. The exposure from the workshops and supervision has enabled me to look at situations from multi-faceted angles. I have also learnt the values of multi-tasking and time management. The values learnt here has made me a better and more learned individual. I am very thankful to you for your feedback and encouragement. I wish to share news with you. I have got through as Research Associate at Indian Institute of Management, Calcutta. It was an honor for me to be a part of this esteemed organisation. - **Prerana Gaggar**

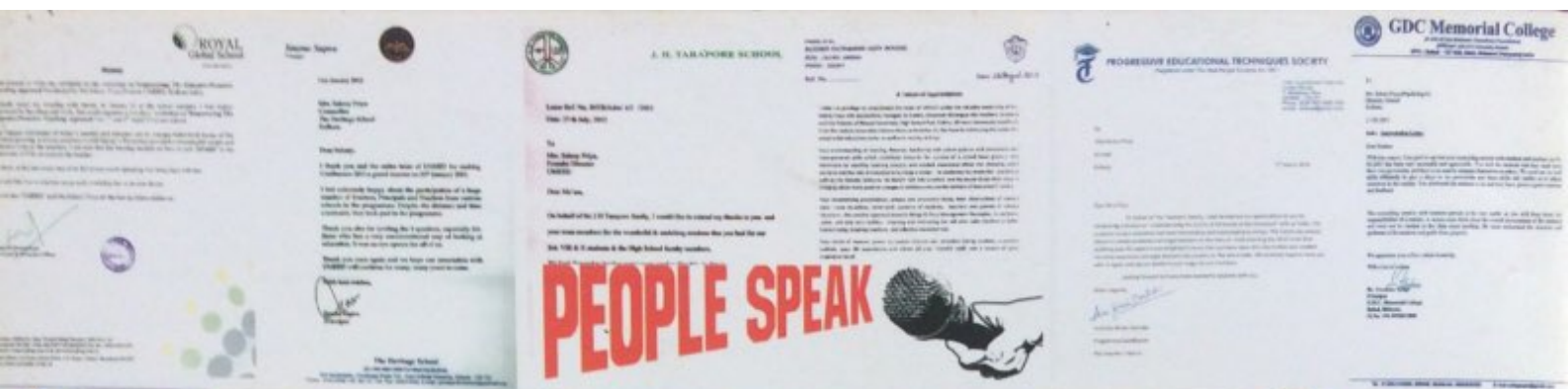


I believe I am very fortunate enough to work with Umeed. I am thankful to you for your guidance and support throughout my journey in Umeed. I got a job in BMA Wealth Management as a Client relationship Manager. Once again thank you so much for your valuable guidance, support and exposure at Umeed

- **Srijita Chatterjee**

UMEED FUN TIME





PEOPLE SPEAK

"The counselling session with the teachers proved to be very useful as you told them about the responsibilities of a mentor. A mentor must think about the overall development of the students and must not be limited to the classroom teaching. We appreciate your efforts whole heartedly."

- Dr Vandana Tyagi, Principal, G.D.C Memorial College Bahal, Haryana

I take this opportunity to congratulate you on your passion in the field of Education, Guidance & Counselling. Wellbeing in all spheres, even Management Strategies and many more.....Your spectrum of work is truly phenomenal to say the least. We were truly motivated by your style of presentation. You have the amazing power of simply drawing every one's attention with the smooth flow of your invigorating talk. Your name befits you appropriately. 'Salony' means 'easily' - (ras se bhari) - Tumhari her baat aisi hi hai, sunder bhav vali baiten hein! 'Priya' means 'jo pyaari ho, jo sabka hiit karti ho jo bhalaikarati ho aur aanand lati ho'. In short sab tumssse pyaar karte hein tum sabki चाहति ho!!

I have used the term 'tum' with affection, hope you won't mind. Your family must be so proud of you. We at AISCAP are fortunate to have you with us. Looking forward to having many more enlightening sessions with you in near future. - Usha Chaujer, Chair Person - AISCAP

Greetings from Hill Top School to the entire Umeed team!

Umeed, as the name connotes, is hope; and the organization is indeed passionately committed to its name.

The massive crosscurrents in today's world, the fierce & ferocious competitiveness, the rapidly changing social paradigm, the conflicts within and confrontations without, have all made life for this techno crazy generation quite a rollercoaster ride. No wonder there are repercussions, sometimes, in the form of mild protestations, at other times, as livid revolt. Many a time you hear a despairing cry for help through small telltale signs, not easily deciphered by the adult world. This is where Umeed steps in, trying to connect aspiration with endeavour, linking broken ties with cords of understanding, dissolving crises, energizing youngsters, building confidence, generating hope!

A deep insight into a teenager's persona coupled with unstinted support, and a gradual transition to a mature line of thought, is perhaps the only sensible approach in this scenario - and that is the essence of Umeed's work.

The student as well as the teaching fraternity of Hill top school have been immensely benefited by Umeed's "deep cleansing" workshops and we keenly look forward to many more such collaborations in the days ahead.

In the meanwhile, kudos to the organization: may you all grow from strength to strength. Good luck Team Umeed, and God bless! - Puneeta B Chouhan, Principal Hill Top School, Jamshedpur

Thanks a lot, we have really been motivated and the workshop you conducted has already made an impact on all of us. Today is a new day- new beginning and the staff members I vouch for will enter their classrooms with a change in their approach towards the students, and will bring about a change in them and they will be more caring and understanding so that the teachers should leave the portals of the institution remembering their beloved loving and caring individuals."

- Mrs Beatrice Shah, Principal, Assembly of God Church School, Sodepur.

The challenging task of education is not possible without a strong support system by way of mentoring, guiding, counselling, and training. And this wonderful resource is provided by you unhesitatingly. On behalf of the entire teaching community, I thank you sincerely and gratefully.

- Neelkanth Gupta, Principal M.C. Kejriwal School, Liluah

Thank you for the exceptional and outstanding learning experience we had that inspired us indeed towards attainment of wellness, development of knowledge and skills that promote healthy living. It gave us a broader perspective to look at the problems and help find amazing solutions."

- Brij Bhushan Singh, Headmaster, The Bhawanipur Gujarati Education Society School

"This is to express our heartfelt compliments to you for conducting the "Good Parenting Workshop" in our school premises on the 9th June '12. The honest, dedicated and sincere efforts being made by you and your organization to awaken parents and empower children is indeed an epitome of selfless service aimed at humanity's greatest assets-children."

- Amitava Ghosh, Principal Bharatiya Vidya Bhavan's Raipur

Thank you for making it possible to come with your team to Loreto TTC to conduct the workshop on 1st March. It served its purpose of initiating its students especially the Freshers into the teaching profession with its ups and downs and iterating that our concern as teachers is the emotional and social wellness of students."

- Dallas Sequeira, Head of Department, Loreto House TTC.

On behalf of The Teacher's Centre, I wish to express our appreciation to you for conducting a session on "Understanding the A, B, Cs of Behaviour in the Classroom" with us today. The response to your workshop has been tremendous and encouraging as always."

- Anamika Ghosh Dastidar, The Teacher's Centre, Loreto House

The staff and students of Loreto College gained substantially from the informative presentation made by you and Sriha. In this age of globalization which brings in multiple conflicting issues and influences an individual's life in many ways...the youth are becoming more susceptible to conflicts, frustrations and finally to extreme maladapted behavioral problems. We learnt that when there is hope there is healing, only when we learn to think differently for ourselves can we establish better human relationships around us. The presentation educated us with the fact that the cultivation of life skills are the pillars on which we build a relatively holistic and successful life. Learning to challenge boundaries with knowledge and realization of ones self is what empowerment is all about. - Ranjana Banerjee, Professor Loreto College

VISITORS AT UMEED



Dr. Ghoshal & Mr. Jinan with Team Umeed

Sangeeta Jatia International Director of Lions

Sister Janet & Sister Diksha, Principal - Rourkela Carmel

Father Kannikal Principal - Holy Cross, Agartala

Raksha Bharadia Author - Chicken Soup for The Soul Indian Series

Mr Damani Director - South Point School



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