



# UMEED

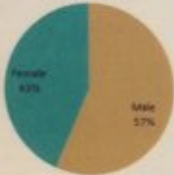
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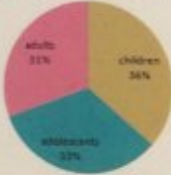
## UMEED - STEADY STEPS TOWARDS SUCCESS & POSSIBILITIES

AGE WISE BREAK UP OF CLIENTS WHO  
WERE COUNSELED IN 2013 IN UMEED  
CENTER (Age wise breakup)

CLIENTS IN 2013



Male 180 | Female 138



Children 116 | Adolescents 105 | Adults 97

There are those who work all day, those who dream all day, and those who spend an hour dreaming before setting to work to fulfil those dreams. Mrs. Salony Priya goes into the third category who plans and prepares so meticulously for her presentations.



She is a woman with great insights and simple wisdom of God, whom we looked for and now our faculty members adore her. Our guardians appreciated her much and our students want her to come as often as possible. We invoke God's blessing in all UMEED's endeavours.

- Father Kannikay J. Raj, Principal Holy Cross Agartala

Dear Ms Salony,  
Thanks for being available to us.  
The sisters will remember and cherish the day spent with you.  
- Sr. Marcellina,  
Director Academics,  
Auxilium Group, Shillong



## ENABLE EMPOWER ENERGIZE

**Counselling...Not for me! "I am not mad  
"When we started we heard this, and from  
there we marched forward... build trust...  
build visibility... and Built Belief !**

Umeed promised Hope and believes hope can heal, the humane approach of empathy, non judgemental, non accusing style of listening, group counseling to involve and not pick, enabled us to connect across 9 states with more than 17,000 people in more than 290 set ups. We did make people say 'I need counseling because I don't yet give up, I am not mad, I am capable and I want to take care of my life situations

**Collaboarte, Connect and Communicate Care** were the hall marks of last three years of our work of counseling, training and consultancy. We are indeed reinforced in the belief we set out with and today we have several partners where counseling is not a taboo but a whole school method to address issues related to young and not so young, solve problems, empower decision making, and create new paradigms.

It is an approach of respect and imbibes responsibility. I salute all those institutions, academic and social, all those individuals and families who dared to take the challenge...who, instead of denial took the path of remedial and responded. The forthcoming pages would unveil the journey to you.

We walked together! We made emotions our strength, not weaknesses. We motivated, inspired, created possibilities, built capacities!

Result is a social change, a personal victory, a saga of strength and a success story.

We shall overcome ..... Yes we did overcome !

**Indebted to our wellwishers for their belief in UMEED endeavours....**

- Salony Priya

**Counselling trend in 2013 - In its 3 years, Umeed has truly emerged as a holistic counselling centre. In 2013 alone we saw an inflow of over 300 clients - of whom there is a nearly equal representation of adults, adolescents and children.** The chief concerns for which counselling is sought emerged to be different for different age groups - for children it was mostly academic related (poor attention, special education needs), for adolescents the concerns ranged from aggression to relationship and self esteem issues; Adults mostly sought counselling for better relationships (specially marital and parental counselling).

Umeed's constant endeavour to provide holistic counselling support to individuals from all walks of life has helped to a great extent to remove the taboo that was attached to counselling. An increasing number of individuals are showing a positive attitude and belief in our strength based therapeutic processes. Umeed would like to thank all individuals who trusted us to Enable Empower and Energize them - we grew in so many ways along with you - Heartfelt gratitude!

- Spriha Patronobis  
Head of School Projects, Umeed





## Empowering Educators on Family Health Education to Deal Effectively with Sexuality Issues with Adolescents

The 2 day workshop held in association with *Frank Anthony Public School*, on Family Health Education, dwelled on sensitizing educators on the current holistic concept of adolescent sexuality, relationship trends, body image and impact of media. Apart from these issues, our consultant gynaecologist, *Dr. Mou Chatterjee*, highlighted the physiological concerns and development process of adolescent sexuality. The workshop was very well received and had more than 75 participants from the leading schools and social organizations across the city



*"More workshop on sexuality, gender role body image etc should be conducted to create awareness as prevention is better than cure"*-Rina Dutta (The Heritage School)

*"Making it more physiology / neurochemistry based on the development of adolescence"*-Soumitra Sarkar (Don Bosco Park Circus)

*"The workshop done by Umeed is the need of the hour, not only for the youth but also for the adults in society. There are many challenges waiting for us. The more we know the more we realize that many is still left to know"* -Shobha Srivastava (Loreto Convent School Entally)

*"Such initiatives are highly commendable. Best of luck for the future!"*-Nina Ray (Mahadevi Birla World Academy)

To gain an insight about the concept of sexuality

To know the basic approaches to defining adolescent sexuality.

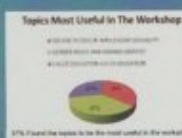
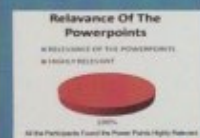
To enable the participants to understand about the six dimensions to sexuality education

To empower the educators about the child abuse- signs and symptoms.

To revisit taboos related to sexuality

To facilitate the understanding of importance of counseling for healthy relationships

To gain an enhanced knowledge about reproductive health-facts and myths



### Participating Schools

- La Martiniere for Boys
- Mahadevi Birla World Academy
- Don Bosco School, Park Circus
- St Marys Orphanage & Day School, Dum Dum
- Loreto Entally
- Loreto Day School Elliot Road
- The Heritage School
- National Gems Higher Secondary School
- Pailan World School
- Sri R N Singh Memorial High School
- DPS Newtown
- South City International School
- Lions Calcutta Greater Vidya Mandir
- Thomas Boy's School, Khidderpore
- St. Thomas Girls' School
- St. Mary's Girls School (Ripon Street)
- The Future Foundation School
- Albany Hall Public School
- The Park English School
- Ek Prayas
- Lions International Club
- Rotary school project.



## Building Ethical Leadership

A Principal's Seminar at BRCM Public School, Vidyagram, Bahal. On 20th August, 2013 a unique initiative was attempted by the BRCM Group of Institutions in Bahal. This initiative saw the coming together of Principals of Government and Private Schools of Haryana on one common platform. The event was a seminar on Building Ethical Leadership and was conducted by Ms. Salony Priya. Umeed has been a partner and a consultant organization to the BRCM group of institutions and has been working intensely with the students and educators of their institutions for over two years.



## 35th Annual Conference of Principals on Emerging Trends and Challenges in Education Today



**Association of ICSE Schools - Odisha Chattisgarh Region**  
Hosted by St. Paul's School, Rourkela on 28th - 29th September, 2013



# Capacity Building for Educators Basic Counselling Skills for Schools

## Pastoral Counselors Training - Teachers of Sunbeam Group of Institutions , Varanasi



"It was a wonderful experience. The session brought out the suppressed thoughts and when we started speaking, the things came into light slowly. You changed the way of looking into problems, because truly said solutions lie within problems. Thanks a lot to you and hope to attend your session more frequently."- **S Ghosh - Sunbeam Bhagwanpur**

"In Today's workshop Salony Mam was so nice and I have learnt so many ways to handle children's behavior positively and I want to utilize this with our hostel children"- **Anshuman Singh - Sunbeam Varuna**

Now I understand that in counselling of students I should be more concern about the feeling. I learn more skill of counselling process. - **Mr. Ashish kr. Pandey - Sunbeam Annapurna**

Gender issue, adolescence issue and gender identity. How to paraphrase, how to create goals, how to handle teenagers. Don't blame parents. - **Ms. Nisha Agarwal - Sunbeam Suncity**

How to make myself a good counsellor. Now after the session we have learnt that we can solve almost problem of any kind of students. - **Mr.Pravesh Singh - Sunbeam Lahartara**

### Sunbeam Group of Institutions

Sunbeam School Lahartara

Sunbeam School Varuna

Sunbeam School Annapurna

Sunbeam School Bhagwanpur

Sunbeam School Suncity

Sunbeam School Indranagar

### THE BHAWANIPUR GUJRATI EDUCATION SOCIETY SCHOOL Teachers Conduct LIFE SKILL Training



The BGES School, an ICSE affiliated school whose vision is to guide the young minds according to the values and ethos of the society so as they are in their right path of success. The school has tied up with Umeed team since the month of July and with the inputs given by Sri Brij Bhushan Singh, the headmaster of the school and the schedule designed by him Umeed team of counsellors visits their campus three or four times a month for guiding their team of teachers for the life skill sessions to be held in the school for various classes and also during the workshop being present for any help to be rendered after the closure of the session. Also the BGES school team teachers visit Umeed centre for their demo sessions for the life skill sessions. Umeed team guides their teachers through their resources and giving them the guidance for the flow of the session.



### FRANK ANTHONY PUBLIC SCHOOL Teachers Under Training to become Pastoral Counsellors



Umeed has initiated a 4 day workshop at Frank Anthony Public School for Pastoral Counsellors. 5 teachers from the junior section have been a part of this enriching process which identifies sensitive educators and equips them with various skills such as empathy, active listening, non-judgemental stance, attending, in order to develop them as barefoot counsellors in the school whom students may approach to talk about and receive guidance for various concerns.





## Enhancing Emotional & Social Competence - An Umeed Anant Partnership

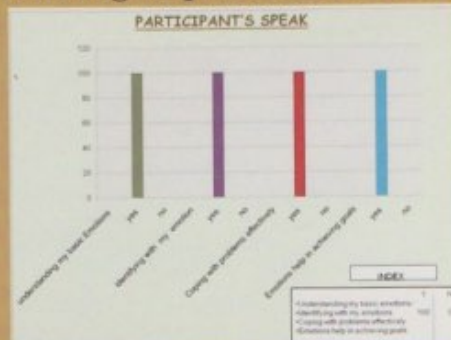


*"Creative thinking inspires ideas. Ideas inspire change".*

August 2013 to January 2014

No of workshops conducted – 6  
Topics – Self Competence, Emotional Competence, Social Competence  
Total Anant Scholars Reached – 400

Individual Counseling sessions done – 10 days over 5 months  
No of Anant Scholars Reached - 175



Data Compilation of the feedbacks on Emotion

UMEED, with the aim of Enabling, Empowering and Energizing meritorious students from underprivileged backgrounds joined hands with Anant Education Initiative.

"The 'big five' of human relationships, they are what I believe are most needed in today's world."  
SRABONI PAUL.

"Try to understand others and accept difference." PARTHA PAL.

"To enhance myself socially and I can be socially strong."  
JYOTE JAISWAL.

"Understanding power development, listening ability development." RONY SAU.

### Corporate Readiness - Intervention For Final year students of Bhavan's Management College, Kolkata



The Corporate Readiness training at Bhavan's Management Institute by the Umeed team also included topics such as self awareness and confidence building in order to help students understand themselves better.

### Orientation for Freshers at NPTI Durgapur



### Motivational Training at GDC College, Bahal



### Competency & Leadership Training Managers of Mobel Group



### Marine Engineers of Anglo Eastern Company





# Making A Difference To Youth



## SENSITIZING YOUNG MINDS ON GENDER ISSUES



NATIONAL GEMS HIGHER SECONDARY SCHOOL



DON BOSCO, Agartala



FRANK ANTHONY PUBLIC SCHOOL, Kolkata



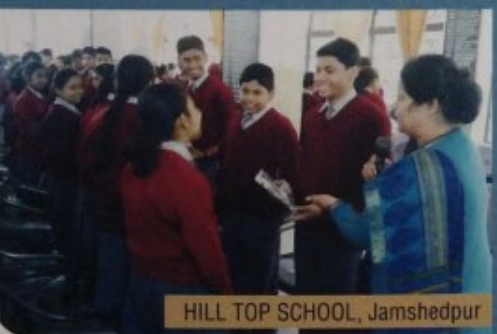
SRI SRI ACADEMY, Kolkata



M.C.KEJRIWAL VIDYAPITH, Liluah



Kerala Samajam Model School, Jamshedpur



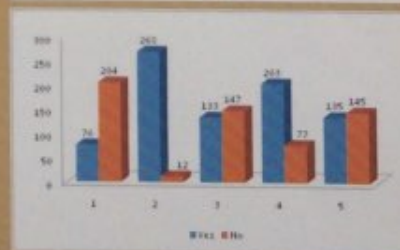
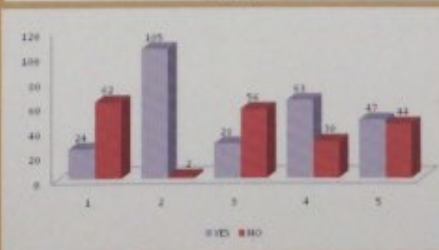
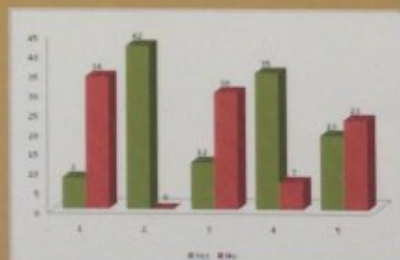
HILL TOP SCHOOL, Jamshedpur

**A Series of Workshops covering over 3500 students of Class VI, VII, VIII & IX of South Point High School, Kolkata**



### Questions

1. Do you think, in this country, the society generally favors men and woman equally?
2. Do you think that woman in this country should have equal job opportunities as men, or not?
3. Have you ever lost an opportunity to a man/ woman, just because he/she of the opposite gender?
4. Should men and women be given equal opportunities to stay out late at odd hours?
5. Do you think certain jobs are Gender specific (example- bar tendering is for men)?



Summary of Answers given by Carmel High School-Durgapur, South Point High School-Kolkata, Sri Sri Academy, M.C.Kejriwal Vidyapith, Liluah respectively of the above question answer session conducted.





Nature

Balance

Love

Logic

Support

# Art & Science of Parenting

Umeed conducts workshop which are interactive wherein participants can deliberate and discuss on their concern and learn from each other. Umeed makes this platform for sharing and learning possible through its "Positive Parenting Workshop". The workshop are need based and customized depending on the age group of the children as each developing stage has its own unique set of issues and challenges.

CII Young Indians Raipur Chapter in association with Goel TMT & Hira Group organized a Session on Right Parenting, at Vrindavan, Civil Lines, Raipur, on Thursday, 14 November, 2013.



Mr Chetan Agrawal, Chair, Health, Safety & Environment, Yi Raipur Chapter, Mr Vikas Agrawal, Member, Yi Raipur Chapter, Mr Ashok Tomar from Tata Steel, Member of Young Indians Raipur Chapter, Yi Secretariat, Teachers and Parents of Bhavan's R K Sarda Vidya Mandir, were prominently present on the occasion.

TAPTI VALLEY International School, Surat



"My learning from today: To praise and encourage my children and motivate them with small cards. I will also implement these learning in my personal life." Nisha Dalmia  
My learning for today how to tackle children with positive attitude and how praise can work wonders." Vibhuti

I learned what a genuine praise would do. Making each child feel special is what education is all about." Sanjita

Knowing Your Child's Mind And Behaviour Session On Positive Parenting at Tata Centre, Organized By Tata Steel Women's Initiative Groups- Swati And Tisswomen On 6<sup>th</sup> September,



Role of Parents in Child's education.  
Parenting Session at Contai Public School, Contai



Connectiong to teams, parents, sensitized on sexuality education at SRI SRI ACADEMY, Kolkata



Enabling Parents at Siliguri Organised by Prabin Agarwal  
As a part of the ICICI Prudential's child Fund Parenting Seminar







# 3R LIFE SKILLS

Relationship.  
Responsibility.  
Respect.



Life skills are behaviours used appropriately and responsibly in the management of personal, social and professional affairs. They are a set of human skills acquired via teaching or direct experience that are used to handle problems and questions commonly encountered in daily human life. The subject varies greatly depending on societal norms and community expectations.



Agrassain Balika Siksha Sadan, Liluah



St. Xaveries Burdwan



Loretto Entally, Kolkata



Carmel School, Durgapur



Jewish Girl's School, Kolkata



CONTAI Public School, Contai



Digambar Jain Balika Vidyalaya, Kolkata



Lions Greater Calcutta Vidhya Mandir, Calcutta



Assembly of God Church School, Ukhra



St Paul's Rourkela



Sunbeam Lehartara, Varanasi

## Tapti Valley International School, SURAT



"I learned that if we think we can then we can do all possible thing. I leant to control my attitudes. I got a good way towards my goal. It was a cool program. Thanks for giving me a way towards my goal." Subham Bagaria

"It was a wonderful session or I can say a small part of my life which taught me what I can or who I am. It was a small part of my life but a ladder toward my goal." Jahnavi Chaludiya (8A)

"Very Interactive workshop. Learned how to be a good person in life. How to control yourself. Learned how to set a goal in your life." Rohil Bham (8A)



Carmel School, Rourkela





# PARTNER SCHOOLS

Year round Counselling based interventions by Umeed team

We worked with all stake holders, ie, Students , Teachers and Parents of several schools, moving towards making them Emotionally Intelligent schools.



Bhavan's  
R.K Sarda  
Vidya Mandir,  
Raipur



Kerala Samajam  
Model School,  
Jamshedpur



Holy Cross  
Agartala



The Heritage  
School, Kolkata



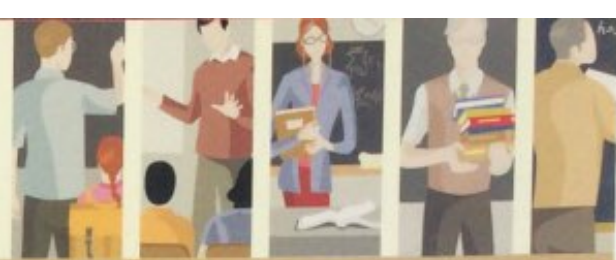
Assembly of God  
Church , Asansol



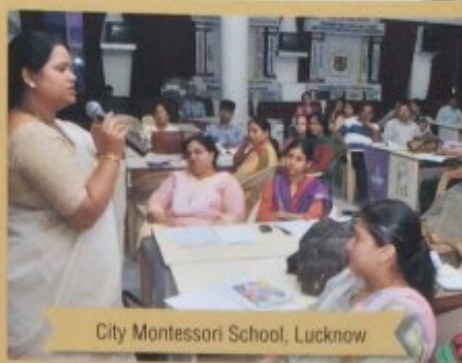




# EMPOWERING EDUCATORS



DPS, Bokaro



City Montessori School, Lucknow



Tapti Valley International School, Surat



Hemsheela model school, Durgapur



Assembly of God Church, Ukhra



Sanskar Valley, Bhopal



St Joseph, Sambhalpur



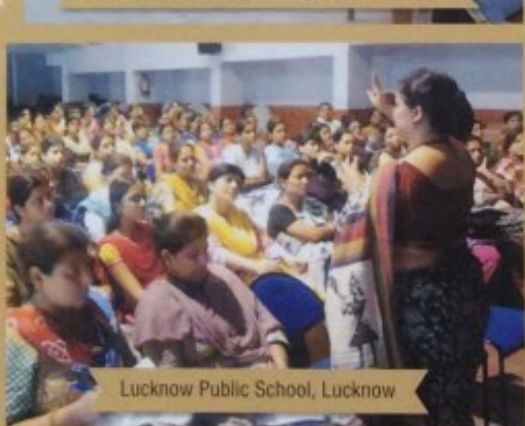
St. Mary's Orphanage and Day School, Kolkata



Agrassain Balika Siksha Sadan, Kolkata



ICSC Schools, Hyderabad



Lucknow Public School, Lucknow



St.Thomas' Girls School, Kolkata



Jewish Girls School, Kolkata



Lions Calcutta Greater Vidya Mandir, Kolkata



DPS ROURKELA



## "La Martiniere for Girls Globus Orbit!" -

( Presented by La Martiniere for Girls, Kolkata in association with the AMERICAN CENTER, NASA and INIZIO EDUTECH. )



Salony Priya as a Judge for science express-panel discussion (classes xi to xii) of the event.

**TOPIC: BEHAVIOURAL ADAPTATION IS THE ONLY SOLUTION TO SUSTAINABILITY IN THE WORLD OF TOMORROW**

## Thought Leadership Workshop Creating an Educators Platform at Durgapur in association with Akash Institute



### TOPICS COVERED

Understanding the difference between a Leader and Manager  
The Art and Science of Mentoring  
Challenges for Heads of Schools on Mental Health Issues  
Understanding about the Learning Problem Spectrum – Autism, Dyslexia and Disabilities



Mrs Salony Priya in Panel Discussion with Abhishek Ganguly, Ishita Sanyal, Dr Sabyasachi Mitra - Psychiatrist



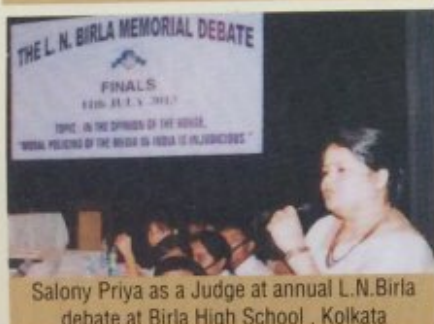
### Screening of the film "MINDSCAPES..."

Interactive Session with Kolkata's leading Mental Health Professionals featuring Mrs Salony Priya as parenting Expert on 6th October, mental Health Day

## " Is Social Media the Mask that Misleads, Misinforms and Mauls Young Minds?" - South Point, School, Kolkata



Panel Discussion : Moderator : Mr Barry O'Brien  
Panelist : Ms Salony Priya - Psychologist,  
Mr Ashok Banker Writer,  
Mr Gautam Mohan Chakraborty - IPS (retired),  
Ms Helen Lafave - US Consul General,  
Father Felix Raj-Educationist  
Dr Kunal Sarkar - Cardiologist,  
Mr Suhel Seth, Columnist & Management



Salony Priya as a Judge at annual L.N. Birla debate at Birla High School , Kolkata



Discipline By Design Workshop for ICSE Schools, Jamshedpur



Heads of Auxilium Schools at the Leadership Meet, Shillong





# UMEED FOUNDATION

## Reaching the Unreached - An Umeed Foundation Initiative



Emotional and Social Well Being of people has always been at the epicenter of Umeeds vision and work. While this is an area of increasing concern for all sections of the population, the issues become even graver when it is caused and aggravated by poverty, squalor and deprivation. Children living in these situations have a lot of emotional and psychological problems that go unattended. The mental well being of this segment has been a neglected area. With a view to enabling and empowering children from marginalized and socially challenged backgrounds, Umeed Foundation has adopted and initiated work with five institutions. These are Orphanages, Destitute Homes and Non Formal Schools working for the education and integration of children in to the mainstream. Umeed Foundation will work closely with these institutions and help the children under their care to overcome the social, psychological and emotional barriers and hurdles faced by them. The foundation proposes to reach out and enable about 1000 children over a period of one year. The foundation has been actively eliciting and involving the contribution and participation of interested individuals and organizations that are keen to contribute to this unique initiative.



### Experiences and Learning:

This segment of children are in dire need of being steered in the right direction  
There is a lot of interest exhibited by schools in providing these services to the children  
Our work of Empowering the Youth will be incomplete if we do not extend our services to these schools  
Schools are low on resources and infrastructure but high in enthusiasm and the desire to see change

### Some Issues that will be addressed:

Self Awareness & Gender Issues  
Anger and Aggression Management  
Overcoming Exam Stress/Anxiety

### Workshops will help in:

Building the self esteem of students  
Setting concrete goals for the future  
Career planning.

### EMPOWERING TEACHERS OF EK PRAYAAS EDUCATIONAL SOCIETY & JYOTIRMAI VIDYA MANDIR



"Aaj ka program bohut achcha laga. Maine sikha ki humein mushkilo se kabhi haar nahi manana chahiye, humein achcha kaam karna chahiye aur kisi se ladna nahi chahiye." - Saima Mariyam

"Maine sikha ki humein sabki madad karni chahiye, apne bado ka adar karna chahiye aur kabhi jhooth nahi bolna chahiye. Sabse zaruri maine sikha ki humein apne aap par bharosa karna chahiye." - Sonker, 4.

*Feedback From Participants*



Suryodaya Study Center



Children's Welfare Association



Free School of Our Lady Queen of the Mission



Brain Storming Session with heads of Prayas, Jyotirmayee & Suryodaya



Umeed Enables and Empowers more institutions with counselling services offered at the school premises and sensitizes educators for their larger role.



# UMEED IN NEWS

**‘बच्चों को उनके रूप में स्वीकार करें’**

**Teachers talk sex to save the I**

**मन लगाकर करें हर काम : प्रिया**

**What makes a rocking parent for teenagers**

**War of words over social media**

**Umeed is certified by Psycho corp, Pearson Clinical Assessment, to conduct trainings for COGMED Coach and DSTJ- Tool for screening for Dyslexia.**

Umeed as an organization is committed to skill building and expertise sharing with people in the field of psychology and education. In this constant endeavor to seek better methods to enable and empower young people in our care Umeed has partnered with Pearson Clinical & Talent Assessment (PCTA), a leading global developer and publisher of psychological assessments used in educational settings. Umeed is taking the initiative to reach out to more individuals by enhancing their working memory through Cogmed Working Memory Training. We use our working memory constantly in daily life helping us to perform efficiently and effectively in academic, professional, and social settings. Working memory is the ability to keep information in the mind for a short time, focus on a task, and remember what to do next. By training the working memory, individuals will be better able to stay focused, ignore distractions, plan next steps, remember instructions, and start and finish tasks. UMEED is also conducting workshops to train individuals to become professional Cogmed Coaches. In order to provide psychologists, counsellors, special educators and teachers with the knowledge and tools that will help create better learning for every student, at Umeed we introduce a specialized training programme on DYSLEXIA SCREENING TEST, a tool to enable professionals to assess and understand the learning difficulties faced by children. Screening for dyslexia among students is also done at Umeed.

Umeed is the sole agency in West Bengal authorized for providing trainings for DSTJ and Cogmed.

**Feedback of Clients**

My child has become more independent. Her earlier behavioral problems like crying and throwing tantrums have reduced a lot. She has learnt to manage her time better and has become more organized. - Vibha Agarwal, mother of COGMED Client Vedika Agarwal.

After doing COGMED sessions, Yuvraj has improved a lot. His spelling has improved and he has become very confident. I am very happy. - Pinki Bhaia, mother of COGMED Client.



Counselling Centre - **Umeed**  
 1/3 Rowland Road, Ground floor, Kolkata 700020  
 For Appointments call: 9874221000, 9874369900  
 For Workshops and Trainings call: 9830221800



**UMEED FOUNDATION**