



COUNSELLING AND CONSULTING SERVICES

UMMEED

JAN 2024 - DEC 2024



UMMEED FOUNDATION
REACHING THE UNREACHED

15 YEARS OF POSITIVE PSYCHOLOGY ADVOCACY, TRAINING AND CONSULTING



**Bina Al Amal Mentoring Training Research & Education Services
Ummeed operates in Sultane of Oman**

CREATING POSSIBILITIES



BUILDING SKILLS

MENTAL HEALTH
AWARENESS AND
TRAININGS

LIFE SKILLS
WORKSHOPS FOR
YOUTH AND
ADOLESCENTS IN
UNIVERSITIES,
COLLEGES AND
SCHOOLS

STRENGTH BASED
COUNSELLING,
TRAINING AND
INTERVENTIONS

MANAGEMENT
DEVELOPMENT
PROGRAMMES
(MDP) AND
CAPACITY
BUILDING FOR
CORPORATES



**Mental
well being**



**Positive
Psychology**



**Capacity
building**



**SALONY
PRIYA**



**25
YEARS**

**of Empowering,
Mentoring and
Counselling
Corporates, NGOs
and Educational
Institutions**

**Skill Building for Teachers-Faculty
Development Program, Mindset,
Change Management, Behavioural
Issues & Team Building**

**Promoting Mental Health with Social
organisations, Universities, Higher
education & Corporates**

**School model for Strength Based
Counselling Positive Psychology
Approach**

**Certified Courses in Counselling Skills
for barefoot Counsellors, Teachers &
Community Health workers**

**Building Lifeskills in Youth
across Colleges & Universities**

**Education Consultancy for
building HR systems**

**Special Education Interventions for
ADHD, ASD & Learning Difficulties to
build Inclusive Schools**

**Emotional Intelligence Competency
model for Managers in Corporates**

**Adolescent Behaviour Management
Certifications to deal with Anxiety,
Agression, Addiction & Self-harm**

**Proactive Parenting Techniques to
bridge the Generation gap**

**Internship for students in the field of
Psychology, Sociology & Education**

**Government Projects for Skill Building
in Jharkhand, Bihar, West Bengal**

**CSR projects with NGOS Enabling &
Training Block Development Officers
Aganwadi educators etc.**



Creating Possibilities – The Ummeed Way! Embracing optimism and Celebrating life!



Walking alone, walking with people, building organizational culture, building skills, creating new paradigms and giving transformational experiences..... As I was carrying on in these years, coexisting and thriving personally and professionally; as a staunch believer in positive psychology principles, I have always believed in the power of good memories, good relations, good moments with self; practicing these simple yet powerful principles it has brought me closer toward building happiness and be my "best possible self".

Today as I complete 25 years of my journey in the field of psychology, wearing many hats, psychologist, coach, motivational speaker, Life skill trainer, Parenting expert, counsellor, HR professional, Education consultant; I am filled with awe, and with a deep sense of fulfilment and joy. When I look back over my life today I see how everything was falling into place the whole time.

With a bright future ahead, looking back on life offers an opportunity to reflect on everything that's brought you this far.

Today I look back with Gratitude...with immense Joy!

I'm welcoming 2025 with open arms, excited and enthusiastic. As last 20 years in particular I found the meaning and purpose in my work. Ummeed as an organization was a dream, today it is a thriving mental health platform where so many professionals started their career. I met amazing people who curated my quest and inspired me, validated my belief and nudged me to carry on. So I could face more challenges, redefine more aspects of human behavior, develop deeper insights, stand up for what was possible even if not visible; kept the fire alive and never made excuses for why few things did not happen the way it was thought about initially.

I am taking steps toward the life I want while looking back at all the steps that brought me this far. The pages of the 14 th newsletter of Ummeed is a snapshot of my life, my energy and my passion.

Thank you for being a part of this journey !



Thank you for believing in me... Walking alongside !



**Internanional Conference for teachers, Don Bosco Institute, Guwahati
"Shaping Next Generation of change Makers" - 114 Principals from Nepal, Bhutan, Burma and 11 States
of India Participated**

TICON - 2024 (July 2024)



CBSE Schools - Principals' Meet

Sahodaya School Complex, Durgapur (May 2024)



"Education for Inspiring Youth to be Future Leaders"

Auxillium House, Guwahati (Sept 2024)



4th International Conference - School Principals and Educational Administrators at ICONSPA 2024 "Creativity and Innovation in Schools: The Principal's Role" (Dec 2024)



Lead Academy - Orientation for Educational Leaders

Salony Priya - Resource person on "Transformational Leadership in 2024" - 75 Principals from Andhra Pradesh, Nagaland, Meghalay, Tripura, Assam, West Bengal & Madhya Pradesh
"New Leaders for New Era" (Oct 2024)



Leadership Skills for Educators at G. D. Goenka, Siliguri (Jan 2024)

In today's rapidly evolving world, educators and senior students alike must develop robust leadership skills to navigate and impact society positively. The topic of Leadership Skills for the Millennium World emphasizes a doctrinal approach, which promotes structured, principle-based guidance for leaders facing modern challenges; Salony Priya highlighted the four core leadership skills essential for success in this era: Personal Competence and Social Competence.

- Personal Competence focuses on self-awareness and self-regulation, allowing leaders to recognize their strengths and areas for improvement while maintaining emotional resilience.
- Social Competence, encompassing empathy and relationship management, equips leaders with the skills to understand others, foster collaboration, and create positive influence within their teams and communities.

Together, these competencies empower educators and students to lead with confidence, adaptability, and a meaningful impact on their environment.





Mental Health Advocacy in Sultanate of Oman



1100 plus educators of 13 Indian schools in Oman benefitted from series of workshop in year 2024

INDIAN SCHOOL OF MUSCAT, OMAN



INDIAN SCHOOL MUSCAT
EDUCATORS EMPOWERMENT PROGRAMME

Resource Person
MS. SALONY PRIYA
Founder & Director
Ummeed Counselling and Consulting Services

Topics

- Emotionally Intelligent Educator
- Proactive Approach to teach young minds
- Adolescent & Child Behavior - New Perspective

Venue: New Multipurpose Hall
Date: Sunday, July 28, 2024 | Time: 7:30 a.m. to 3:00 p.m.



"Today's session was an interesting and enriching one. The things which I learned from your session is the way to approach any child. No child can be judged as 'bad'. All are gifts of God. As teachers, we have to be happy with them and transform them to be good human being."

-Indian School of Muladah, Oman

"The workshop covered a broad area of Adolescent issues-the key learning from the session was to learn to Change Quotient-

- Teachers, as counsellors, should be able to recognize the emotional turmoil in students.
- Teachers should be motivators and be approachable to students to share their fears, dreams and challenges.

It was a very informative and motivational session".

Bindu Menon, Indian School Muscat

INDIAN SCHOOL OF MULADHA, OMAN



INDIAN SCHOOL MULADHA
المدرسة الهندية للملح

27th July 2024

Dear Ms. Salony Priya,

On behalf of Indian school Muladha, I would like to express my sincere gratitude for your invaluable contribution to the Professional Empowerment Programme, held on Saturday, 27 July 2024.

Your sessions on 'Good mental health for Educators, Emotionally Intelligent educator - EQ & IQ were not only insightful but also incredibly engaging, providing our teachers with practical strategies and new perspectives that they can apply in their classrooms. Your expertise and enthusiasm made a significant impact, and the feedback from our participants has been overwhelmingly positive with many highlighting your engaging presentation style and deep knowledge of the subject matter.

In addition to your expertise, we greatly appreciate your ability to create a dynamic and interactive learning environment. The group activities and discussions you facilitated encouraged active participation and deeper understanding among the attendees. Your ability to relate complex concepts to real-world classroom scenarios made the content highly relevant and applicable.

We were particularly impressed by your willingness to address individual questions and concerns, providing personalized advice and support. This level of dedication truly made a difference in the learning outcomes for our teachers. Your passion for education and commitment to empowering educators resonates strongly with our mission to foster professional growth among our teaching staff.

Thank you once again for your generosity in sharing your expertise with us. We are grateful for the time and effort you dedicated to preparing and delivering such a meaningful session. We hope to have the opportunity to collaborate with you again in the future.

Wishing you continued success in all your endeavors.

With Best Wishes,
Dr. Omana Francis
Principal





“Very fortunate to attend ma’am’s session. It was a session filled with humors and pointers that would guide us in one classroom. Very informative session.”
-Sumitha Julius George Netto, Indian School of Darsait, Oman

“The workshop covered a wide area on mental health of students and the behavioral changes of children from classes 7 to 10. The take back from today’s session is that- we should try to connect our teaching with children, it is only then that they will be more attentive.”
- Mintu Maheen, Al Mabela



INDIAN SCHOOL OF DARSAIT, OMAN



INDIAN SCHOOL OF MAABELA, OMAN



INDIAN SCHOOL OF IBRI, OMAN



INDIAN SCHOOL OF SALALAH, OMAN



INDIAN SCHOOL OF JALAN, OMAN



"Knowledge of students' mental health was useful resource person touches our day-to-day life issue please visit again with latest problems solving methods your presentation was cheerful and confident"
-Tulip John, Indian School of Salalah, Oman

Educational Leader's Conclave



Leadership Skills for the Millennium World, The Ummeed way to create possibilities ...

Principals Meet at Shangrilla, Siliguri (Oct 2024)

The workshop by Salony Priya Ma'am was an enriching experience for the Principals, providing them with invaluable insights and practical tools to become effective leaders. An interactive Human Lab process was initiated by Ms. Salony Ma'am involving all principals on a journey of self- reflection and social awareness.

There were some very thought- provoking questions where she set the tone for introspection for all leaders and enabled them to connect SELF to SOCIETY.

Salony mam introduced the paradigm shift on leaders role in building the school culture!

The session reinforced that leadership is not just about achieving institutional goals but also about inspiring others, fostering a positive environment, and guiding the school community towards excellence.

An emotionally intelligent leader, is one who can persuade others to do the same thing and to make them feel good about it and want to wake up in the morning and keep doing it.

Your intent and your style determines the culture of your organization

Principals left the workshop feeling motivated and equipped to **lead with vision, empathy, and purpose**, ready to apply these newfound skills in their respective institutions. The interactive nature of the session, combined with Ma'am's expert guidance, created a dynamic and empowering experience for all the participants.



"Wonderful, enlightening session, embedded with activities & expressions of emotions. A good orator and her speeches really touched the soul and heart. She changed the outlook of the leaders".

Chhanda Das, Isabella School, Salugara, Siliguri

"It was a very insightful and informative session. I learnt a lot and would like to utilize your teachings more towards building the skills that I lack".

Satya Moni Pradhan, Rockvale Academy, Kalimpong

"The workshop was very insightful and fruitful. Had a choice to reflect upon a lot of day to day emotions and how we deal with it. Lot of things to take back. Thank You!"

Ankit Shekhar Pradhan, Green Lawn School, Soureni Bazar, Mirik, Darjeeling

"It was very helpful. It has covered the emotional intelligence which I found very practical & appreciable".

Sharmishtha Thapa, The Assembly of God Church School

"I learnt many new innovative ideas from Salony Ma'am, a very helpful and meaningful workshop, got more insights and courage to manage my school well".

Kun Sang Moktan Camellia School, Darjeeling

"I really enjoyed today's workshop, Salony Ma'am's positive attitude her words on mindfulness & leadership were very powerful and fruitful".

Kabita Pradhan, Little Angel School, Hamiltonganj

"The lady with the Midas touch always inspires every life that she touches and fills every individual with enthusiasm. Today's workshop was yet another session with a master stroke. Thank you Bharti Bhawan for facilitating it".

PRIYAKI GUPTA, Sacred Heart School, Siliguri

"It was a really nice and enriching experience with Salony Ma'am. Request you to add on wisdom quotient".

Anu Peter, Hebron School, Bagdogra



Adolescent Behaviour Management for Educators

Adapt, Accept & Accomplish with adolescents - Ummeed way

Ummeed created a platform for Experiential learning for teachers on Adolescence Behaviour Management. The workshop aimed at equipping teachers with practical strategies and understanding of adolescent psychology to foster a supportive and productive environment in their classrooms.

Salony Priya Madam demonstrated that, to effectively understand and manage adolescent behaviour, it is essential for teachers to step into the student's world and experience the challenges and dilemmas faced by them.



Experiential learning allowed teachers to not only recognize the common behavioral patterns among adolescents but also to identify underlying emotional triggers.

A series of such events is being conducted by UMMEED in different cities and states to spread awareness about enhancing emotional well-being and create a nurturing environment for students and teachers.

Chittaranjan | Purulia | Asansol | Sankarpur | Pandaveswar | Rajbandh | Durgapur | Birbhum | Jhanjra | Burnpur | Bankura

List of Schools that participated in the ABM held on 9th May 2024

- Green Point Academy
- Burnpur Riverside School, Chittaranjan
- DSK DAV Public School, Purulia
- DAV Public School, Kanyapur, Asansol
- DAV Model School, Sankarpur
- DAV Public School, ECL, Pandaveswar
- Manisha International School, Rajbandh
- Purv International School, Durgapur
- DAV Public School, Nimcha (R) Colliery
- Delhi Public School, Asansol
- India International School, Asansol
- Beachwood School, Durgapur
- DAV Model School, KSTP, Asansol
- DAV Public School, Hetampur Rajbati, Dubrajpur, Birbhum
- DAV Public School, Jhanjra
- AIMS Model School, Durgapur
- St. Jude's High School
- DAV Public School, HCL, Rupnarainpur
- MDB DAV Public School, Bankura
- Burnpur Riverside School, Burnpur
- DAV Model School, Durgapur
- DAV Public School, DVC, MTPS, Bankura
- Hem Sheela Model School
- DAV Public School, Raniganj Lions JDM Chanani
- Chanda South End Model School
- North Point School, Asansol
- DAV Model School, Durgapur

Salony Mam was very Interactive with all of us. She was also giving examples of different kinds of situations and how to tackle it with different remedies too. The key learning from today's workshop taught me Acceptance, Positive Approach, Creating Stress free environment in the classroom. I have learnt how we can implement Claspng Technique in our institution.

St. Jude's High School, Burnpur, Asansol



"The key learning from today's workshop was to understand the necessity of moving out of the stereotypical thinking and dealing with student's anxieties, behavioral issues with a different approach which will be more positive.

The Resource Person conducted the workshop very skillfully. She made us aware about various techniques regarding dealing with problematic issues of adolescents.

Delhi Public School, Asansol

"Salony Mam was Extra-ordinarily engaging and extremely informative. Loved the way she held our attention on the tip of her words. The key learning from today's workshop was being understanding and non-judgmental, mentally strong and emotionally stable.

Purv International School

Ummeed has been creating platforms for interaction, reflection and awareness. Salony Ma'am has been extremely inspiring, not only professionally but personally too.

The workshop featured various activities and role plays to help teachers gain deeper insights into the adolescent mind. Teachers were trained to guide students in evaluating consequences, considering multiple perspectives and making informed and ethical choices.



Kurseong | Darjeeling | Kalimpong | Siliguri

Names of Schools that participated in the ABM 25th October 2024 Workshop at Isabella School Siliguri:

- Rockvale Academy, Kalimpong
- Isabella School, Siliguri
- St Anthony's School, Kurseong
- Mahbert School, Siliguri
- Sacred Heart School, Siliguri
- Himali Boarding School, Kurseong
- Himali Boarding School Select, Siliguri
- Saptashri Gyanpeeth, Kalimpong
- West Point School, Matigara
- Lincolns High School, Darjeeling
- St Joseph's School, Bhaktinagar
- St Joseph's Convent, Kalimpong
- Himalayan English School, Siliguri
- Dr. Grahams Homes, Kalimpong
- Gyanoday Niketan, Darjeeling
- Assembly of God Church School, Darjeeling
- Camellia School, Darjeeling

We learnt how to deal with the problems of Adolescents; learnt that it is not generation gap that build barriers between parents and children, rather it is communication gap that causes all differences. Talking is the best therapy and mentor to solve all adolescent issues.

Mahbert High School, Siliguri

It was a complete inspirational and motivational session wherein we as teachers, understood the significance of Skills integrated with the Syllabus. "Facts and feelings are the two indicators that define our behaviour towards our children"

St. Joseph's Convent, Siliguri

The Proactive way to handle adolescents was the main objective of the workshop. We learnt that Good Mental Health and proper guidance to develop skills are the key factors to build a strong personality and a strong adolescent mind. We are thankful to Salony Priya Ma'am to be our beacon light.

West Point School, Siliguri

The workshop was a great eye opener for us as we understood how to create a mental connection with students. Every word was an inspiration for us. Students should feel as if there's a sense of belongingness in school, this will automatically make them disciplined.

Saptashri Gyanpeeth School, Kalimpong.



WHOLISTIC HEALTH –The MINDFULNESS WAY !

By Salony Priya, Eastern Region Secretary-IAHP



"Salony Priya's energy and thoughts are always commendable and by organizing such a workshop she has helped us to understand mindfulness and keep ourselves healthy the mindful way!"

Reshma Bhattacharya –Principal
 Indus Valley World School,
 Kolkata

"She was so much impressed by the session that she wrote a poem on the whole event on the spot, wherein she mentioned all the facts about Mindfulness as described and explained by Dr. Sharma and thanked Salony Ma'am for everything.

Ms. Sunita Sinha –Advisor
 Kavyapta Global School, Jamshedpur

"I was highly impressed by the workshop, I thank Salony Ma'am for organizing such an event; We generally forget that mindfulness is a part of our lives, we are always mindfull as Dr. Sharma said, we are never mindful and that 'ful' is at such a saturated level that we do not accept it. The take away for me are the positive impacts of meditation and how it should be done."

Dr. Rekha Nariwal
 The Bhawanipur Education Society College

Ummeed Organized a One day National WORKSHOP under the aegis of Indian Academy of Health Psychology (IAHP) in association with Bhowanipore Education Society College, Kolkata.
 Professor Anand Kumar, President IAHP addressed the gathering on scope of Health psychology.
 Dr Mahendra Sharma -shared his experience on mindfulness with more than 175 professors, professionals, mentors and students across eastern part of the country.



"I thank Salony Ma'am for her vision and efficiency in organizing such workshops and wish that I could be a part of many such events".
 Nandita Sen—Advisor
 Delhi World Public School



WHOLISTIC HEALTH – The MINDFULNESS WAY ! By Salony priya Eastern Region secretary IAHP

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Professor Anand Kumar-President of IAHP addressing



We were really enriched by the ideas, words and activities conducted by Mr. Mahendra Prakash Sharma-the eminent guest speaker at the workshop organized by Mrs. Salony Priya with Bhawanipore Education Society College as knowledge partner. Mahendra Sir, said that Mindfulness could help people avoid destructive or automatic habits and responses by learning to observe their thoughts, emotions and other present-moment-experiences without judging or reacting to them. Mindfulness skills involve observing, describing and participating. They bring one's full attention to one's inner life, allowing one to stay present with what one observes and experiences without judgement. It also involves letting go of the past regrets and future worries, focusing instead on the present moment.



LIST OF SCHOOLS REGISTERED FOR IAHP WORKSHOP.

- Bhowanipur Education Society College, Kolkata
- Delhi Public School, New Town
- St. Xavier's Collegiate School, Kolkata
- Dr. Kanailal Bhattacharya College, Howrah
- Douglas Memorial High School, Barrackpore
- Kavyapta Global School, Jamshedpur
- Champion School, Siliguri
- Adamas University, Kolkata
- DWPS, Barasat
- Star Mission Academy, Kolkata
- India International School (KSTP, Asansol)
- Athlead International School, Joka
- Indus Valley World School, Kolkata
- Kerala Samajam Model School, Jamshedpur
- Hem Sheela Model School, Durgapur
- Gyan Bharati School, Kolkata
- Monocef Techno India, Kolkata



Proactive Parenting Being With Your Teenager With Love & Logic

- **Mental well- being of students - what children have to face after school in colleges**
- **Parents role in this stage of a child's development**
 - Connect with your child
 - Coach Not Control
- **Positive Parenting approach**
 - Break Myths about Play, play with your child
 - Proactive ways to resolve common issues with adolescents
 - Talk, Teach, Listen, Ask, Kindle
 - Set Career Goals with your child
 - Let the child choose his own career and decide for himself

NOTRE DAME ACADEMY, PATNA



Bright and Brilliant Students of Class- 11 at Notre Dame Academy, Patna - getting Ready The Ummeed way

- An Effort to bring students and parents together to build Bonds for life, understanding ways to connect to your teenager as she transforms into an adult
- Making choices, Defining your self
- Gadget dependence and need of building long term Career plan were deliberated
- Students were encouraged to TALK and not be secretive



Learning Skills & Syllabus Long term Parent DELHI WORLD SCHOOL, BARASAT



Nurturing a Confident Child FRANK ANTHONY SCHOOL, KOLKATA





ST. KAREN'S HIGH SCHOOL
Welcomes
Mrs. Salony Priya

Workshop on Parenting Teens
 Connecting, Coaching, and Cultivating Life Skills

Workshop Overview

- Learn to balance Love, Support and Discipline
- Proactive Parenting - Being with your teenager with Love & Logic
- Insightful Strategies
- Positive Parenting



Founder Director of Ummeed Counselling & Consulting services
Connecting, Coaching, and Cultivating Life Skills

ST. KAREN'S HIGH SCHOOL, GOLA ROAD, PATNA

PARENTING ORIENTATION

St. Karen's Group of Schools, Patna with Salony Priya



St. Karen's High School, Patna




St. Karen's Secondary School

THE 100th ANNIVERSARY OF INDEPENDENCE

Love and Logic



SALONY PRIYA
 DIRECTOR, UMMEED

St. Karen's Secondary School
 16th October 2024



St. Karen's Higher Secondary School, Patna



St. Karen's Collegiate School

Welcomes you to
"Parenting as Partners"

A Proactive Parenting Session
"Being with your teenager with Love and Logic"



Mrs. Salony Priya
 Director, Ummeed
 COUNSELLING PSYCHOLOGIST,
 PSYCHOTHERAPIST &
 EDUCATIONAL CONSULTANT

Umeed Foundation



UMMEED

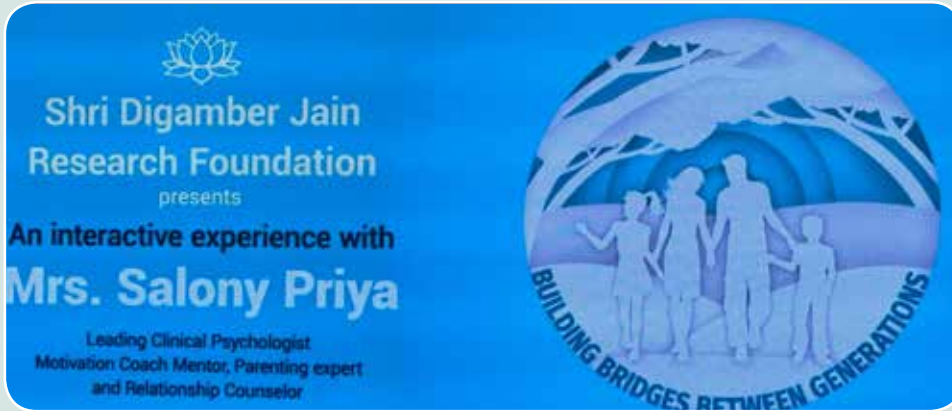
Date: 17th October 2024



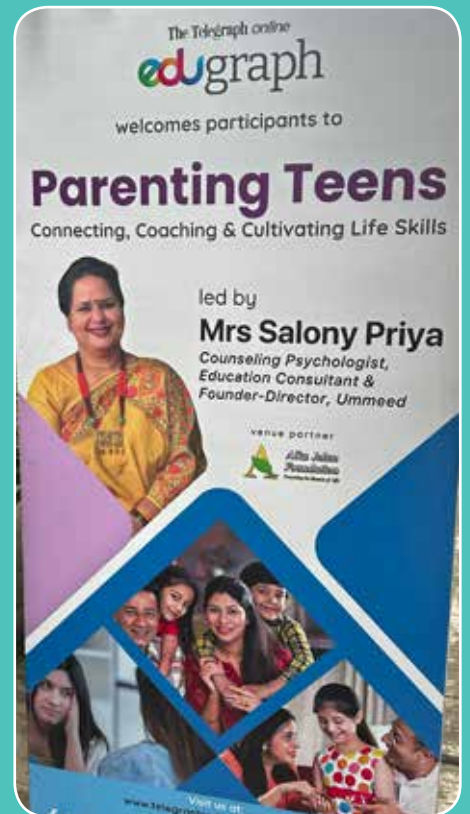
St. Karen's Collegiate School, Patna

PROACTIVE PARENTING - BEING WITH YOUR

GENERATION GAP - Building, Bridges between Generations



THE TELEGRAPH ONLINE, EDUGRAPH Connecting, Coaching & Cultivating Life Skills



TEENAGER WITH LOVE & LOGIC

K.C. PUBLIC SCHOOL, JAMMU



Parenting Goals for Millenium Adolescents ST. ANTHONY SCHOOL, KURSEONG



Psycho-Educational Workshops for Teachers to build Awareness & Skills



Teachers' capacity building workshops by Salony Priya

- Happy teachers create Happy Classrooms -Essentially a whole school model based on how to nurture joyful, positive young people .
- IQ & EQ to create a better SQ – Teachers teaching with MINDSPACE
- A-Z of progressive education, Class management with proactive approach
- Learning in classrooms – Science & Art Insight into how children learn and what we do that does not lead to learning
- Why schools should strive be a part of Mental health program
- Adolescent Mental Health – dealing with 4A- Anxiety , Aggression , Addiction & Attraction
- Emotional intelligence in teachers to handle classroom Situations with tact and techniques
- SELF Management skills for Teachers -Taking care of your Thought self as well as Emotional self to be a Healthier person
- Resilience as a skill to handle STRESS
- Parental Interaction – Handling the good , the bad and the ugly with professionalism
- Art of Giving instructions – communicate to connect with care
- Life skills Education – Integrating in curriculum
- Teacher – Teachers circle – Collaboration and Compassion in educators to create Effective TEAMS in schools

Real life case discussion and group work to assimilate concepts shared , are a great advantage of these sessions , it makes it extremely experiential and practical . All workshops emphasise on developing action plan to be implemented in classroom and work environments.

CALCUTTA BOYS 2 days staff Orientation KOLKATA (W.B). SONARPUR, ASANSOL



Self Management Skills LA MARTINIÈRE FOR BOYS, KOLKATA (W.B.)



ST. XAVIER'S COLLEGIATE SCHOOL, KOLKATA (W.B.)



Good Mental Health for Educators - Ummeed Empowers to Deal with Stress & Burnout

BURNPUR RIVERSIDE SCHOOL, BURNPUR, ASANSOL (WEST BENGAL)



MUSSOORIE INTERNATIONAL SCHOOL, UTTARAKHAND



CARMEL SCHOOL DIGWADIH, DHANBAD



BHAWANIPORE GUJRATI SCHOOL, KOLKATA (WEST BENGAL)



DELHI PUBLIC SCHOOL, BARASAT (WEST BENGAL)



BHAVANS, HALDIA (WEST BENGAL)



TAURIAN WORLD SCHOOL, RANCHI



"A very enriching and enlightening session. Today's session has no doubt brought about change in me and the methods of teaching. Salony Ma'am is an outstanding person who has brought this change in my approach towards teaching and dealing with students as well as their difficulties."

-Paulomi Das, Bhavan's N.S.C.B Vidyaniketan, Haldia

HEM SHEELA MODEL SCHOOL, DURGAPUR (WEST BENGAL) Happy Teachers Create Happy Class Rooms



Happy teachers are required in happy classrooms but with this daily stress that acts as a burden on us are we really modeling for happiness. We.... we have real doubts about it. So today we have amidst us Ms. Salony Priya, a counsellor, a psychologist. Today's workshop was excellent rather we would say it was par excellence. We have learned a lot of things from this workshop like to swiss and stop, to reconnect, to accept and to appreciate. Thank you ma'am for being such a wonderful guide.

HEM SHEELA MODEL SCHOOL, DURGAPUR



HOLY CHILD SCHOOL, CALCUTTA (WEST BENGAL)



BIRLA PUBLIC SCHOOL, KISHANGARH (RAJASTHAN)



KERALA SAMAJAM MODEL SCHOOL, JAMSHEDPUR (JHARKHAND)



VIDYA JYOTI SCHOOL, JAMSHEDPUR (JHARKHAND)



2 days of Orientation with Educators

DR. GRAHAMS HOME SCHOOL,
KALIM PONG (WEST BENGAL)



"It was great to learn about how to handle children in a mature way. You are a great resource person. Learning from you was wonderful."

-Mrs. Ranju Pradhan, Dr. Graham's Homes, Kalimpong

Today from Salony Mam's workshop I was impressed with the ideas given for relevant projects that should be done! The sequence of progression from IQ to EQ to CQ.....SQ AND HQ! was awesome, Liked the importance of "Positive Self Talk".

-Bithika Subba, Dr. Graham's Homes School



"It was a wonderful session, we really enjoyed and learnt a lot. It's high time that we need to change ourselves to improve the students."

**-Mariam Framjee,
Dr. Graham's Homes
Kalimpong**

Mental Health of Educators Self Management Skills

N.H. GOEL SCHOOL, RAIPUR (CHATTISGARH)



Ummeed's Platform for Empowering Educators in Basic Counselling Skills

Ummeed has established a valuable platform for schools, enabling teachers and educators to enhance their capabilities through training in Basic Counseling Skills. Under the expert guidance of Madam Salony Priya, a highly respected counselor and educator, participants are gaining essential skills to support students' emotional and social needs. This initiative empowers teachers to become more effective mentors, fostering empathetic and supportive classroom environments. Through Ummeed's program, educators are better equipped to guide students with confidence and compassion, promoting well-being and resilience in school communities.

K. C. Public School, Jammu



"Counselling is a bridge that connects a client to himself/herself. It should be unbiased and confidential. It is basically the light that gives the right direction to counsel, it is very necessary that first the counsellor should be happy in order to make his / her client happy".

Surbhi Mahajan

"Counselling is a skill by which we can bring out all the emotional aspects of a person by listening to him and making him realise his strengths because self-awareness and realization is the beginning of self-improvement".

RUHI



"Counselling is a professional guidance given to an individual who is facing difficulty in coping, dealing and adapting to life issues. It is a volunteer treatment which is acceptable to the client who wants to change his / her behaviour by choice. It is a solution given to the client to move forward and accept the changes".

Smriti Gupta



Sunbeam Mughalsarai



My learning has been immense, I really can use the techniques explained by Salony mam as Choosing Faith over fear; Watching my Self talk, Mindfulness and Learned Optimism.

Sonal Kushwaha

Sunbeam Group of Institutions empowered their educators and caregivers undertaking a 6 months skill building training addressing issues like

- Adolescent behaviours and mental health issues
- Dealing with aggression, anxiety and addiction
- Identifying red flags of Self-harm and suicide ideation
- Positive psychology School counselling model
- P E R M A techniques for emotional wellbeing
- Gender sensitivity
- Active listening techniques, empathy as a skill to build trust
- Interventions to deal with low self esteem, victims of bullying, failures, resentments, grief etc.



- Sunbeam Suncity
- Sunbeam International, Varuna
- Sunbeam, Bhagwanpur
- Sunbeam, Annpurna
- Sunbeam, Lahartara
- Sunbeam, Sarnath




TEACHERS DEFINING COUNSELLING IN THEIR OWN WORD

"Counselling is helping a person to cope with life situations by enabling him/her to embrace the change, giving him insights and the possibility to overcome the situation. It is all about faith not fear, a way to foster emotional well-being of an individual; it is kept confidential".

Priya Mitra
Sunbeam, Bhagwanpur

"Counselling, according to me, is a process carried out by a trained individual to provide solace to a client to be able to cope with adverse situations through one to one interaction and empathetic approach".

Aishwarya Rai
Sunbeam, Annpurna

"Counselling is a mutual exchange of communication where a counsellor creates a zone where a person(client) feels safe, to be accepted, to be real, to be honest, to be open. Counselling is to see something which others cannot, and which helps the client to be his / her real version. Counselling creates an environment of acceptance".

Dharmendra Ram,
Sunbeam, Lahartara

"Counselling is a process that involves, active listening, understanding, helping to find a path or course of action. It involves two-way communication, non-judgemental approach and nurtures the person to feel better. Confidentiality should be maintained".

Tanuja Singh
Sunbeam, Sarnath

“Ummeed certifies educators”

175 teachers, counsellors & administrators of following schools successfully completed the 100 hours skill building certification course by Ummeed. This course equipped the teachers to deal with behavioural issues in children and develop their skills to be **resilient, more proactive** and **self-aware**. It enables the school to create a conducive environment for good mental health.



Birla Education Trust, Pilani (Rajasthan)

- Birla Balika Vidyapeeth, Pilani
- Birla Public School, Pilani
- Birla School, Pilani
- Birla Shishu Vihar, Pilani



GOVERNMENT SCHOOL, SILIGURI, DARJEELING



DON BOSCO SCHOOL, PATNA



K.C PUBLIC SCHOOL, JAMMU



KERALA SAMAJAM SCHOOL, JAMSHEDPUR



SUNBEAM SCHOOL, BALIA (UP)



SUNBEAM SCHOOL, MAU (UP)

MICRO SKILLS OF COUNSELLING & THERAPY

Offline & Online Mode

Ummeed's Micro Skills of Counselling & Therapy course (MSCT) will enable the participants to have functional knowledge of human behaviour, Child Psychology and builds their skills to handle the spectrum of behavioural issues - from Aggression to Addiction and self-harm. Whether you are -

- Educators
- Mental health professionals
- NGO workers
- PG students of Education Sociology and Psychology
- Corporate managers and H.R. professionals
- Nurses, paramedical staff
- Care givers in Orphanages and Old Age homes
- Entrepreneurs & Parents of Adolescence



CSR-projects with Corporates & NGOs



Bal Niketan TORPA



NEP Guidelines Teaching pedagogy TORPA



Oil India Duliajan Dibrugarh



Education officers Khunti, Jharkhand



Shri. Dedraj Khaitan, Secondary, Losal, Rajasthan



Life Skills & Career guidance for students of class 9 to 12 initiated by Shri. R.R. Pansari Trustee of the school

Smart Millennium Teens

Madam Salony Priya guided students on making thoughtful career and subject choices, stressing the importance of aligning these decisions with individual strengths, abilities, and diligence. Salony Priya Ma'am emphasized that success is rooted not only in academic knowledge but also in applying that knowledge practically and honing essential skills. Alongside skill-building, she encouraged students to maintain self-discipline and to develop the resilience needed to tackle their challenges independently. She advised them to stay true to themselves, fostering an authentic self that does not fall prey to the allure of superficial appearances or the false narratives of the world. Her insights inspired students to pursue both personal growth and practical success in today's ever-evolving landscape.

DAV MODEL SCHOOL, DURGAPUR



ST. KAREN'S GROUP OF SCHOOL, PATNA (BIHAR)



ST. KAREN'S HIGH SCHOOL, PATNA



ST. KAREN'S COLLEGIATE SCHOOL, PATNA

ST. KAREN'S HIGHER SECONDARY SCHOOL, PATNA

Developing Critical Social Skills for Millennium Youth

G.D. GOENKA SCHOOL, SILIGURI



SACRED HEART SCHOOL, DALTONGANJ



TAURIAN WORLD SCHOOL, RANCHI



MUSSOORIE INTERNATIONAL SCHOOL, UTTARAKHAND



ROCKVALE ACADEMY, KALIM PONG



DR GRAHAM'S HOME SCHOOL, KALIM PONG

(Class 9-12)



3R - Responsibility, Respect and Relationship Empowering Young Minds

BURNPUR RIVERSIDE SCHOOL, BURNPUR, ASANSOL



Really like and was very helpful for me and other students too. Thank you Salony ma'am for guiding me and others to in career counselling. Schools should held more career counselling for us. Thank you to school and teachers for the counselling session.

BIRLA BALIKA VIDYAPEETH, PILANI, RAJASTHAN



Happiness Curriculum in Schools - EQ & HQ for Class VIII Students

SUSHILA BIRLA GIRLS, KOLKATA



Mentoring Coaching and Counselling for Students of The Bhawanipur Education Society College, Kolkata by Ummeed- a year long project



Counselling has proven to be highly effective in addressing various challenges faced by college students, helping them navigate academic, personal emotional difficulties. Ummeed Counsellor provides coping strategies and tools to regulate overwhelming emotions, leading to improved mental wellbeing.



The Department of Education Presented a One-Day Workshop on Value Yourself and Learning Life-Skills at The Bhawanipur Education Society College, Kolkata on 12 May, 2024



An Interactive Experiential Learning Workshop on 02 May, 2024 at Society Hall, The Bhawanipur Education Society College, Kolkata

Ummeed partners with school heads to create a whole school model of sensitizing teachers, parents and students building an eco system of emotional safety, care and empathetic listening to deal with issues. New parent orientation, staff addressed on several contemporary progressive school ideas, think tank meetings class observations are done to create open minded interventions.

Mrs. Salony Priya conducted sessions with Students throughout the year on mentioned Topics-

- Adolescent behaviors – dealing and adapting to build social situations
- Self-awareness activities
- Task & Time Management activity- Identifying the time utilizing and time-wasting things humans do in everyday life
- “Adolescent world-post covid”- Gadget dependence ??
- Anger ques and Anger triggers
- Importance of “ Risk taking actions “than just struggling to “FIT IN” to any situation
- Deal with peer pressure- create positive peer pressure
- Anger as an emotion and aggression as a behavior
- Emotional Regulation

“Ummeed creates interactive action oriented activities to orient students on WHO-10 Core Life Skills”

1. Self-awareness
2. Empathy
3. Critical thinking
4. Creative thinking
5. Decision making
6. Problem Solving
7. Effective communication
8. Interpersonal relationship
9. Coping with stress
10. Coping with emotions

Frank Anthony Public School, Kolkata, WB

Parents



Life skill



Teacher Training



Life skill



St. Lawrence High School

Life skill



Teacher Training



"Today's Ummeed workshop was insightful, with Salony Ma'am's guidance. I learned about handling adolescents, teachers' wellbeing, and emotional needs. I'm excited to attend future workshops on life skills and happy classrooms for senior students".

Chaitali Roy

"I understand the purpose of this counselling session as it was very helpful. I should be careful about using online websites and avoid getting addicted. The cyber security things were very helpful and informative. We should play mind games which will increase our intelligence. After this session I have become aware of cyber security and will be careful from now".

Om Kumar Roy, class 11A



"The session was really good. I really enjoyed this session and learnt a lot. I really liked the virtual world point; I really was thinking of posting about the session on social media which would have been good. I will share this information with my cousins and other friends so that they will get to know about this. Thank you so much for this wonderful session Salonyt Ma'am."

Jishnu Joardar, class 11

Gyan Bharati Vidyalaya, Kolkata





UMEED FOUNDATION
REACHING THE UNREACHED

12 NGOs moving forward with Umeed Foundation

On the 10th of February, Rotary Sadan was filled with hope, faith and belief as the Umeed Foundation created a platform, a memorable event.

Ms. Salony Priya, Mr. Rajesh Kumar Kabra, Mr. Deepak Dokania the moving force of Umeed Foundation showcased their dedication to education by awarding **20 scholarships** to deserving students and extending **support to 4 NGOs** in West Bengal, exemplifying their commitment to nurturing young talents and fostering community development.



20 students received financial support.

BARSHA PAUL

Kolotan, Barasat

LAKHMI SANTRA

Shreeja India, Kolkata

MOU DAS

Calcutta Rescue, Kolkata

MANISHA KUMARI SINGH

Calcutta Rescue, Kolkata

KALYANI SABAR

Paschim Banga Kheria Sabar Kalyan Samity, Purulia

SOMA SABAR

Paschim Banga Kheria Sabar Kalyan Samity, Purulia

BASUMATI SABAR

Paschim Banga Kheria Sabar Kalyan Samity, Purulia

SONALI MAHATO

Majhira Ashram, Purulia

SUDIP MAHATO

Majhira Ashram, Purulia

SAYANI MRIDHA

Mr. Soumitra Mondal, Sundarban

DEB KUMAR DAS

Mr. Soumitra Mondal, Sundarban

SWAGATA MANDAL

Mr. Soumitra Mondal, Sundarban

SUMANA GAIN

Rokeya Shiksha Kendra, Patuli (Kol)

RIYA MONDAL

BDG, Kolkata

SUDIPA KAR

Howrah Vivekananda Siksha Kendra, Dhumda

TITLI PAL

Howrah Vivekananda Siksha Kendra, Dhumda

RUPAM KAITI

Howrah Vivekananda Siksha Kendra, Dhumda

SADIYA KHATUN

ASHINA Yubak Sangha, Falta

ARPAN GHOSH

Unmish, Kolkata

BUNTY HALDER

SDG, Kolkata

Umeed Utthan a heart-warming event dedicated to supporting 20 “brave hearts,” for their education and determination, each of them have their own dreams and aspirations in the realm of education.

Among these unsung heroes, to name a few, Arpan Ghosh, with challenges of autism spectrum disorder, showcased a remarkable eagerness for learning, support extended from Umeed. Similarly, Riya Mondal’s dream of becoming a dietician, Lakhhi Santra’s pursuit of a government service, and Basumati Sabar and Kalyani Sabar’s ambition to become teachers received crucial backing from Umeed Foundation. Mou Das’s entrepreneurial dreams, Sayani Mridhha’s goal of becoming a lawyer, and Deb Kumar Das’s ambition to join the Kolkata Police force were all fostered by Umeed’s scholarship program. Swagata Mandal’s

aspiration to become a nurse, Soma Sabar’s pursuit of a teaching career, and the ambitions of Sudipa Kar, Titli Paul, and Sadiya Khatoon to become engineers and doctors were all embraced and supported by Umeed Foundation. With each story, Umeed Foundation reaffirms its dedication to empowering dreams and transforming lives through education.

We took the opportunity to acknowledge and appreciate the efforts of eleven learning resource centers, supported by Umeed Foundation in esteemed NGOs all over West Bengal. Through this initiative, Umeed Foundation reaffirmed its commitment to fostering a culture of inclusivity and support, ensuring that every individual, regardless of their background or circumstances, has the opportunity to thrive and succeed.



The stage was graced by esteemed personalities, including **Mr. Subhramaniam**, whose presence as the chief guest elevated the occasion. His poignant speech left a lasting impression on the audience. Adding to the aura were dignitaries like **Mr. Rakesh Garg, Mrs. Nandini Sinha, Mr. Keshav Maheshwari, and Mrs. Meenakshi Atal**, whose contributions enriched the event and underscored its significance.



Service to humanity is service to god. Turning every human being to be satisfied and fulfilled with joy and happiness is the service provided by Mrs. Salony Priya and her Umeed team. We wish them best to continue their good work.”- **G. V. SUBRAMANIAN, Co-Ordinator for 12 Bhavan’s Gandhi institute of computer education in east and north east India.**



“Kudos to Umeed Foundation, on your commitment to reach out to serve the distressed & the depressed. May you continue to touch many more people, young & old making a difference to their lives.”- **Mrs Meenaksi Atal, Ex Vice Principal The Heritage School, Kolkata**

“It was an amazing experience to be with Umeed Foundation at their award/scholarship recognising the efforts of students who are struggling to fulfill their dreams. Congratulations to Salony Priya the Founder Umeed Foundation to be able to identify and reach out to the truly deserving people & give them wings to fly. It is indeed a privilege to be associated with Umeed Foundation.”- **Ms Mitra Sinha Roy Advisor Rice Foundation**

दूरदर्शन में बच्चों के वनस्पति विकास का दिवा सदन

दूरदर्शन में बच्चों के वनस्पति विकास का दिवा सदन का आयोजन किया गया। कार्यक्रम में बच्चों को वनस्पति विकास के बारे में जानकारी दी गई।

तोरपा में बच्चों में आत्मविश्वास को मजबूत करने के लिए किया संवाद

तोरपा में बच्चों में आत्मविश्वास को मजबूत करने के लिए किया संवाद। कार्यक्रम में बच्चों को आत्मविश्वास के बारे में बताया गया।

KC Public School empowers teachers with basic counselling skills

KC Public School empowers teachers with basic counselling skills. The workshop aimed to equip 30 dedicated teachers with essential techniques.

शिक्षकों और अभिभावकों को प्रशिक्षण

शिक्षकों और अभिभावकों को प्रशिक्षण। कार्यक्रम में शिक्षकों और अभिभावकों को प्रशिक्षण दिया गया।

संत फ्रांसिस स्कूल में 17 स्कूलों के शिक्षकों के लिए कैपेसिटी बिल्डिंग ट्रेनिंग प्रोग्राम

संत फ्रांसिस स्कूल में 17 स्कूलों के शिक्षकों के लिए कैपेसिटी बिल्डिंग ट्रेनिंग प्रोग्राम। इसमें 113 शिक्षकों को एडोलसेंट बिहेवियर पर प्रमर्न के रूप में उम्मीद के

लोक कल्याणी

लोक कल्याणी। कार्यक्रम में बच्चों को लोक कल्याणी के बारे में बताया गया।

विश्व विख्यात मनोवैज्ञानिक सलोनी प्रिया ने छात्रों को दी आधुनिक तंत्र के सदुपयोग

विश्व विख्यात मनोवैज्ञानिक सलोनी प्रिया ने छात्रों को दी आधुनिक तंत्र के सदुपयोग। कार्यक्रम में छात्रों को आधुनिक तंत्र के सदुपयोग के बारे में बताया गया।

शिक्षकों ने जाना बाल मनोविज्ञान

शिक्षकों ने जाना बाल मनोविज्ञान। कार्यक्रम में शिक्षकों को बाल मनोविज्ञान के बारे में बताया गया।

चिड़वा भास्कर 30-07-2023

चिड़वा भास्कर 30-07-2023। कार्यक्रम में बच्चों को चिड़वा भास्कर के बारे में बताया गया।

मनोवैज्ञानिक सलोनी प्रिया ने अभिभावकों को दिया सही पालन-पोषण का मूलमंत्र

मनोवैज्ञानिक सलोनी प्रिया ने अभिभावकों को दिया सही पालन-पोषण का मूलमंत्र। कार्यक्रम में अभिभावकों को सही पालन-पोषण के बारे में बताया गया।

KOLKATA 18.09.22

भवानीपुर कॉलेज में भारतीय समाज में लिंग विषयक जीवन कौशल दृष्टिकोण पर संगोष्ठी



Experts to discuss the solution of mental problem in the time of Covid among youth and students

भवानीपुर कॉलेज में फैकल्टी डेवलपमेंट सेशन का आयोजन



वर्चुअल कोन्सिलिंग आब का नया विषय है।
उम्मीद श्रेया को प्रमुख कोन्सिलर और सहायकार सलोनो प्रिया ने दो सेशन में कॉलेज के सभी शिक्षक केन्द्र डेवलपमेंट के विषय में टो।

समृद्धली शिक्षक प्रशिक्षण संस्थान और इंस्टिट्यूट ऑफ पैरामेडिकल स्कैंडैस वन नवकरण कार्यक्रम संपन्न



समृद्धली शिक्षक प्रशिक्षण संस्थान और इंस्टिट्यूट ऑफ पैरामेडिकल स्कैंडैस वन नवकरण कार्यक्रम संपन्न।

भवानीपुर एजूकेशन आंतरिक गुणवत्ता आ "भारतीय समाज में" का आयोजन किया



वह अपने विद्यार्थियों को शिक्षा देने के साथ

बच्चों के मानसिक स्वास्थ्य को लेकर प्रशिक्षण



कार्यक्रम में सम्मानित होने वाली शिक्षिकाएं • जागरण

जास, सिलीगुड़ी : जी. डी. गोयनका सोमवार व मंगलवार का आयोजन किया सर्विस की संस्थापक प्रिया ने नौवीं से 12^{वें}

कोरोना काल में उत्कर्ष कार्य के लिए पचास टीचर्स और ट्रेनर्स सम्मानित



कोरोना काल में उत्कर्ष कार्य के लिए पचास टीचर्स और ट्रेनर्स सम्मानित

जलते दीप

भारतीय समाज में लिंग विषयक जीवन कौशल दृष्टिकोण पर संगोष्ठी



शिक्षकों के लिए आयोजित हुआ वर्कशॉप



सिटीअपडेड

संत कैरेंस स्कूल में दो दिवसीय कार्यशाला का हुआ समापन



लाइफ @ सिटी

युवा पीढ़ी पर सोशल मीडिया को न होने दे लावा : सलोनो प्रिया



मविष्य को देख बच्चों की परवरिश करें



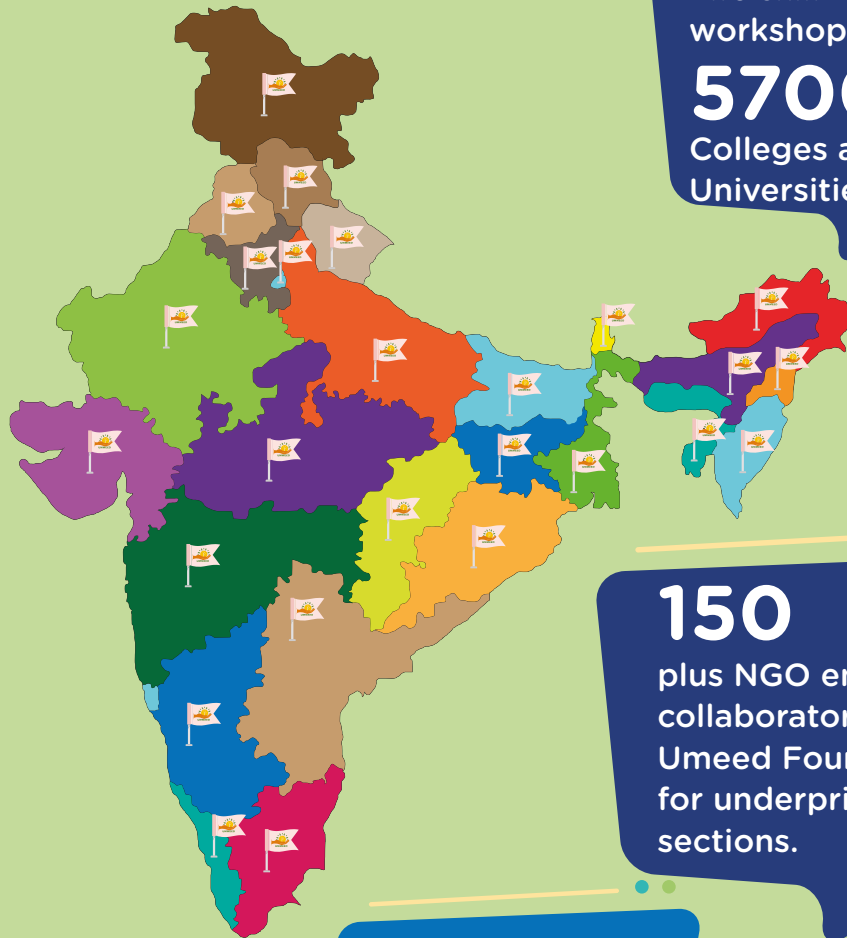
मविष्य को देख बच्चों की परवरिश करें

सिटीअपडेड

संत कैरेंस स्कूल में दो दिवसीय कार्यशाला का हुआ समापन



15 Years of Ummeed footprint in Mental Health Awareness Training & Counselling



Life skill workshops for **57000** Colleges and Universities

Mentoring skills development for faculty of **30** Universities & **65** Schools

6745 Educators heads of schools, NGO workers certified by Ummeed in Counselling skills.

150 plus NGO enabling as collaborators in Ummeed Foundation for underprivileged sections.

5500 plus schools ICSC, CBSE, State Boards. (11 States) and colleges

25 states of India.

2 Lakh Youth & Adolescents

2000 Parenting Workshops

Ummeed Reaches out to **7** Countries



India



Nepal



Bhutan



Bangladesh



Qatar



Oman



UAE

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