



INSPIRING YOUNG MINDS AT KUZHIYAKKAD

THURSDAY
24/05/2025



Stress Isn't the Enemy—Avoiding the Overload

Led by Chief Project Manager and Psychologist Gautam Ramakrishnan, the first session offered simple and practical ways for children to recognize stress and handle it smartly. From laughter-filled examples to quiet reflection, the students learned how to pause, breathe, and respond with clarity—equipping them to handle school pressures and personal hurdles with confidence. The second session took a playful-yet-powerful turn toward leadership. With Project Coordinator Sreeja energizing the space through thoughtful team tasks and storytelling exercises, children explored values like cooperation, decision-making, and courage.



Kuzhiyakkad Anganwadi became the stage for transformation as Oleevia Foundation rolled out **Project Jeevan Disha** a life skills initiative aimed at guiding adolescents toward self-awareness and leadership. Anchored under the **Sashakt Bachpan Project** and **Gyaan Initiative**, this workshop opened up new conversations around emotional health and empowered each child to grow into a resilient and responsible individual.

Laying Foundations for Brighter Tomorrows

The session at Kuzhiyakkad Anganwadi reaffirmed Oleevia Foundation's belief that life skills are essential for every child, regardless of where they come from. Through the dynamic combination of emotional understanding and leadership practice, Project Nirmaan gave these adolescents more than tools—it gave them trust in their abilities. With minds sharpened and hearts uplifted, they left ready to build better futures—not just for themselves, but for everyone around them. Oleevia remains committed to walking this journey with them, every step of the way.