



NURTURING RESILIENCE AND LEADERSHIP

THURSDAY
19/05/2025



Equipping Youth with Stress Management Tools

Led by Chief Project Manager and Psychologist Gautam Ramakrishnan, the first session delved into stress management techniques tailored for adolescents. Through interactive discussions and practical exercises, participants learned to identify stressors and apply coping strategies, enhancing their emotional resilience and preparing them to navigate life's challenges with confidence. The second session emphasized the development of leadership skills. Project Coordinator Sreeja facilitated engaging activities that encouraged participants to explore their leadership potential. By fostering communication, decision-making, and teamwork abilities, the session aimed to inspire adolescents to take initiative and contribute positively to their communities.



Fostering Emotional Well-being at Erattiyal

The Oleevia Foundation extended its impactful Jeevan Disha initiative to Erattiyal Anganwadi, focusing on empowering adolescents through essential life skills. Under the umbrella of the Sashakt Bachpan Project and Gyaan Initiative, the sessions aimed to equip young minds with tools to manage stress and cultivate leadership qualities, fostering a foundation for personal growth and community engagement.

Empowering the Next Generation

The Jeevan Disha sessions at Erattiyal Anganwadi exemplify the Oleevia Foundation's commitment to nurturing well-rounded individuals. By integrating stress management and leadership training, the program provides adolescents with a holistic approach to personal development. These initiatives not only address immediate challenges faced by youth but also lay the groundwork for a future generation of confident, responsible, and proactive citizens. Through continued efforts, the Oleevia Foundation strives to create environments where young individuals can thrive and lead meaningful lives.