



RISE WITH LIFE SKILLS- SESSION AT PULAKKAD ANGANWADI

THURSDAY
08/05/2025



Understanding and Managing Stress Positively

Led by Chief Project Manager and Psychologist Gautam Ramakrishnan, the first session focused on decoding the causes of stress in teenage life. Children were guided through simple but effective techniques to manage emotional pressure, deal with academic and social expectations, and foster mental calmness.

Igniting Leadership in Every Learner

The second session centered on leadership development. Through role-playing, group challenges, and reflective storytelling, the children were taught how to think like leaders—be it at home, school, or in society.



Empowering Adolescents at Pulakkad

On a mission to empower the young minds of Pulakkad Anganwadi, the Oleevia Foundation conducted a powerful life skills training session under Project Jeevan Disha, as part of its Sashakt Bachpan Project and Gyaan Initiative. The program was specially curated for adolescent children to help them better manage stress and awaken their leadership capabilities for a stronger tomorrow.

Refreshment and Community Bonding

Project Coordinator Sreeja ensured that the activities remained fun, engaging, and relevant, allowing each child to discover their unique strengths and leadership potential. The session at Pulakkad Anganwadi stands as a testament to Oleevia Foundation's belief that every child, no matter their background, deserves tools to thrive. As they laughed, shared, and learned together, the seeds of confidence and responsibility were sown deep. Oleevia remains committed to nurturing such growth through sustained, meaningful interventions, ensuring that every child rises with self-belief and the courage to lead.

