LIFE SKILLS DEVELOPMENT: EMPOWERING CHOICES, ENRICHING TIME

27 MAY 2025

The **Jeevan Disha Project** by the **Oleevia Foundation** reached Kuzhayakkad Anganwadi with yet another impactful session for adolescents. This initiative, under the **Sashakt Bachpan Project and Gyaan Initiative**, focused on equipping young minds with practical life skills. The program aimed to build **decision-making abilities and time management techniques** through experiential learning and interactive engagement.

MAKING BETTER DECISIONS, ONE CHOICE AT A TIME

Chief Project Manager and Psychologist Gautam Ramakrishnan facilitated the first session, guiding adolescents on how to take thoughtful and responsible decisions in everyday life. Using relatable stories, real-life scenarios, and reflective exercises, children explored how choices shape their future. The session empowered them with tools to evaluate options wisely and act with clarity and confidence.

TIME MANAGEMENT AS A LIFE SKILL

The second session shifted focus to the power of time. With the vibrant involvement of Project Coordinator Sreeja, students were engaged in time-tracking activities, role plays, and group tasks. Through fun-filled strategies, they discovered how prioritizing tasks, avoiding distractions, and planning ahead can enhance productivity and reduce stress—skills vital for school, home, and beyond.

A JOYFUL CULMINATION TO A MEANINGFUL JOURNEY

The Jeevan Disha sessions at Kuzhayakkad marked the successful end of the two-month summer vacation life skills program. As a token of appreciation and motivation, participation certificates were awarded to all students. The initiative not only built confidence, self-awareness, and essential life tools among adolescents but also left behind a spirit of growth and inspiration. Oleevia Foundation remains committed to nurturing such enriching experiences, ensuring that every child learns to lead life with purpose, balance, and courage.

"Guiding Young Minds to Make Wise Choices and Value Every Moment."

"CAPTURING MOMENTS"