

BUILDING STRENGTH WITHIN- LIFE SKILLS SESSION IN KALLEPULLY ANGANWADI



Stress Management: Tools for Everyday Life

The first session focused on the critical topic of stress management—an issue increasingly affecting adolescents. Gautam Ramakrishnan shared practical strategies for identifying stress triggers, developing emotional awareness, and adopting simple coping techniques. Through open conversations and self-reflection exercises, students learned that stress is manageable and that they have the power to respond with clarity, calm, and confidence.



Focusing on Inner Strength



Oleevia Foundation successfully conducted its life-skill-focused Project Jeevan Disha at Kallepully Anganwadi, under the broader Sashakt Bachpan Project and Gyaan Initiative. The sessions were aimed at adolescent children, with a focus on nurturing resilience and leadership. Chief Project Manager and Psychologist Gautam Ramakrishnan led the sessions, encouraging participants to discover their inner strength and step into their true potential.

Leadership: A Skill for Every Young Mind

The second session shifted to developing leadership as a core life skill. Students explored what it means to lead with responsibility, empathy, and vision. Project Coordinator Sreeja enriched the session with interactive activities and group tasks that helped each participant understand their leadership potential. By the end, many students began to view themselves as positive influencers in their communities.



Empowering Young Minds Through Purposeful Engagement

Project Nirmaan at Kallepully Anganwadi beautifully reflected Oleevia Foundation's mission to shape confident, emotionally aware, and socially responsible youth. The combination of psychological insights and hands-on activities created an environment of trust and growth. Participants didn't just attend a session—they experienced transformation. Through Sashakt Bachpan and Gyaan Initiative, Oleevia continues to build strong foundations in vulnerable communities, instilling life skills that empower children to face life with resilience, lead with integrity, and grow into compassionate changemakers of tomorrow.