



# JEEVAN DISHA – LIFE SKILL LEARNING AT KUZHIYAKKAD ANGANWADI

TUESDAY  
22/04/2025



## Voicing Confidence Through Communication

The second session turned the spotlight on communication—one of the most vital life skills for today's youth. The children explored how expression, listening, and clarity can strengthen relationships and self-esteem. From engaging in role plays to sharing stories and interpreting emotions, the psychologist-led session created a space for young voices to be heard, understood, and respected, setting the stage for personal and social growth. Project Coordinator Sreeja brought an incredible sense of energy and empathy to the sessions. Her interactive methods—ranging from creative exercises to small group tasks—kept the children actively engaged.



## Growth Through Connection

Oleevia Foundation reached Kuzhiyakkad Anganwadi with its life-transforming **Jeevan Disha** project, engaging the adolescent group in a journey of self-discovery and personal development. The first session, guided by the Chief Project Manager and Psychologist, Gautam Rmakrishnan, was all about breaking the ice and building trust. Through team-building games and thought-provoking conversations, participants explored what it means to develop life skills that can shape their present and future positively.



## Building Resilience with Sashakt Bachpan

With each activity, children learned to reflect, participate, and connect more deeply with themselves and their peers. The day was not just educational, but uplifting—leaving a lasting impression on the hearts and minds of all participants. Jeevan Disha at Kuzhiyakkad is a part of Oleevia Foundation's Sashakt Bachpan Project and Gyaan Initiative, both focused on empowering children through knowledge and emotional intelligence. By taking life skill education to grassroots spaces like Anganwadis, Oleevia is helping adolescents navigate challenges with confidence and clarity. This approach bridges educational and emotional gaps—ensuring every child, regardless of background, gets a fair chance to grow, lead, and contribute meaningfully to society.