

EMPOWERING YOUNG MINDS – JEEVAN DISHA SESSIONS AT POOLAKKAD & KALAMKULAM ADOLESCENT GROUPS

10 APRIL 2025

Oleevia Foundation successfully conducted **Jeevan Disha**, a life skills development initiative, for 40 children from Poolakkad and Kalamkulam Anganwadis. Spearheaded by the Chief Project Manager and Psychologist, Gautam Ramakrishnan the first session focused on ice-breaking activities designed to introduce the children to the concept and value of life skills in a fun and interactive way. Through laughter and play, children began forming connections, building trust, and opening up to the world of self-awareness and teamwork.



COMMUNICATION: A CORE LIFE SKILL

The second session delved into the art of communication. With engaging games and group exercises, children explored verbal and non-verbal communication, understanding its role in daily life and relationships. The psychologist led activities that boosted confidence and encouraged self-expression—planting the seeds for stronger interpersonal connections and emotional intelligence in the formative years of childhood. Children learned to listen actively, speak clearly, and express themselves without fear or hesitation in social settings.

AN ENGAGING AND EXPERIENTIAL APPROACH

Project Coordinator Sreeja ensured the sessions were filled with energy, enthusiasm, and relevance. Using role plays, group tasks, and hands-on learning techniques, she made abstract life skill concepts relatable for young minds. Her involvement helped bridge the gap between learning and living—creating a safe, vibrant space where children felt heard, seen, and empowered.

A STEP TOWARDS SASHAKT BACHPAN

Jeevan Disha is a flagship initiative under Oleevia Foundation's **Sashakt Bachpan Project and the Gyaan Initiative**, designed to promote holistic development and empowerment of children from underserved communities. By introducing life skills at the Anganwadi level, the project lays a strong foundation for emotional strength, resilience, and social intelligence. The sessions are part of a larger vision to bridge developmental gaps and ensure that children from rural and marginalized backgrounds have equal opportunities to grow into confident, capable individuals. Through Jeevan Disha, the Oleevia Foundation not only imparts knowledge but also instills values and behavioral skills that last a lifetime. It's a meaningful step in creating a generation that is aware, expressive, empathetic, and prepared for the challenges of tomorrow.

"Building Brighter Futures, One Life Skill at a Time."



“CAPTURING MOMENTS”

