

EMPOWERING ADOLESCENTS: AWARENESS SESSION AT CHEMANKKAD ANGANWADI

15 FEBRUARY 2025



Understanding the Risks: Awareness Session by Sreeja

Sreeja, Project Coordinator and Social Worker, discussed the dangers of **drug abuse and social media's negative effects**, emphasizing how peer pressure and misinformation impact adolescents. She encouraged healthy habits, critical thinking, and responsible digital behavior for overall well-being.



Empowering Adolescents: Awareness Session at Chemankkad Anganwadi

We organized an Adolescent Awareness Session for 15 adolescent girls from the Adolescent Group of Chemankkad Anganwadi, Ward 18, Palakkad under our initiative "**Sampoorna Yuva Yojana**" under umbrella **Project Sashakt Bachpan**. The session focused on addressing pressing issues faced by today's youth, including drug abuse, social media influence, exam stress, and mental health challenges. Through engaging discussions and expert guidance, the initiative aimed to equip the girls with knowledge, coping strategies, and life skills to navigate adolescence more effectively.

Counseling Session by Chief Project Manager Gautam Ramakrishnan

Gautam Ramakrishnan, Chief Project Manager and Psychologist, guided the girls on **managing exam stress and mental health issues** through time management, mindfulness, and emotional resilience while promoting open discussions and seeking support when needed.



Creating a Lasting Impact in the Community

This awareness session reflects the Oleevia Foundation's unwavering commitment to empowering adolescent girls through education and support. By equipping them with knowledge and life skills, the foundation continues to ensure their growth, resilience, and preparedness to face challenges both in adolescence and in their future lives.

