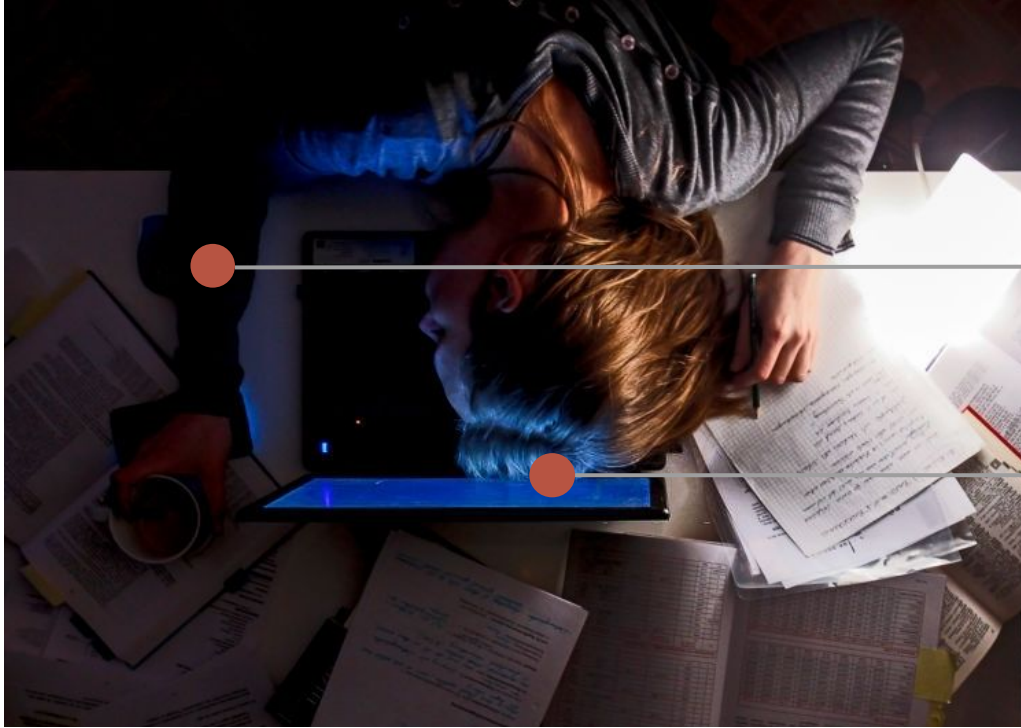




PROJECT RUHANI

By Enactus Lady Shri Ram College for Women



✓ Rote learning and lengthy syllabus

✓ Emotionally empty



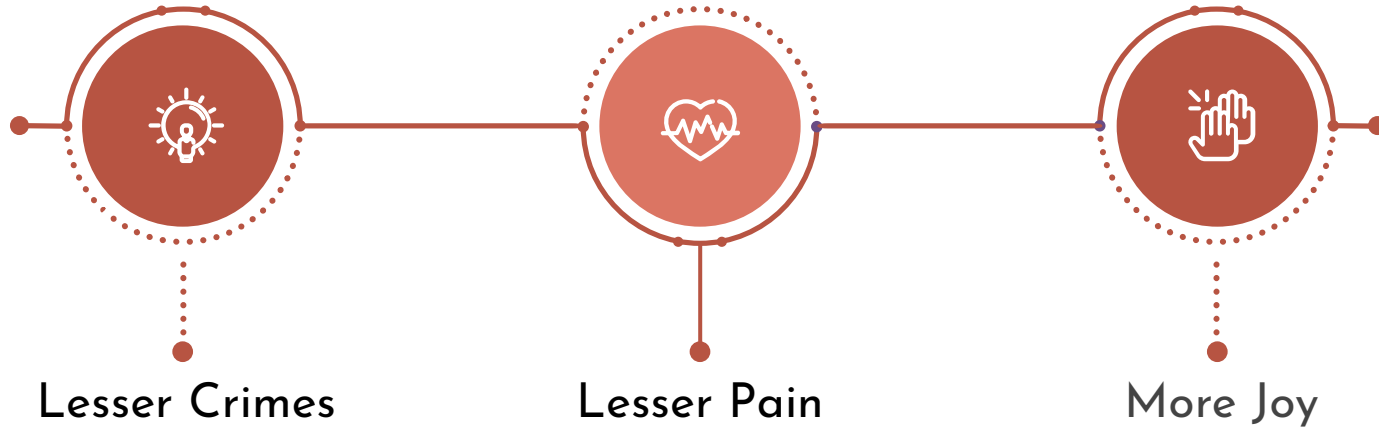


Children Need Time To Be Children



Happy Children Learn Better

OUR VISION



FIVE MAJOR COMPETENCIES

towards a larger vision

SELF AWARENESS

**SOCIAL
AWARENESS**

SELF MANAGEMENT

**RELATIONSHIP
MANAGEMENT**

DECISION MAKING



Outcomes of the Five Competencies

Improved Classroom Behavior

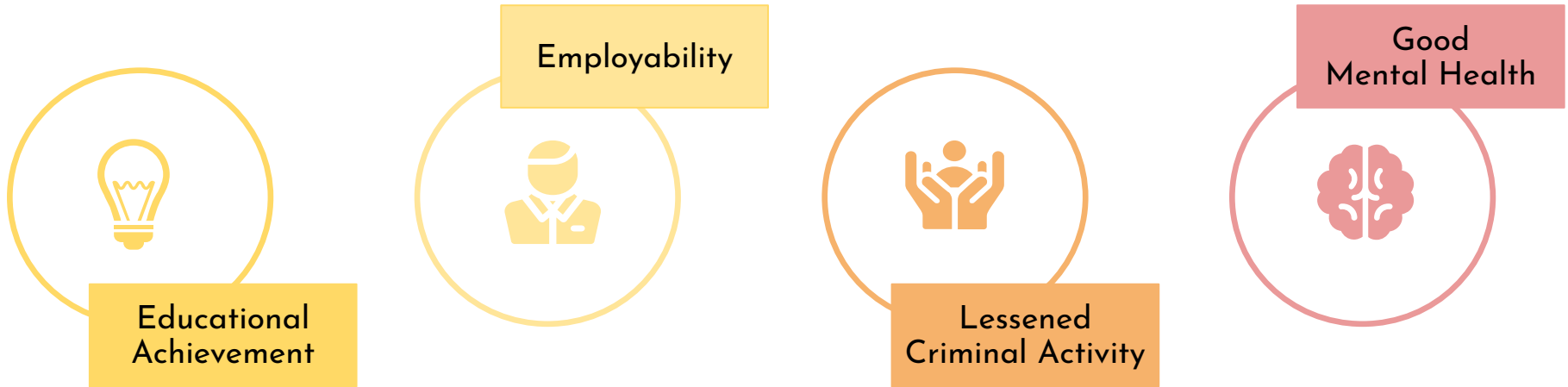


Better attitude about themselves, others and school

Increased ability to manage stress and depression

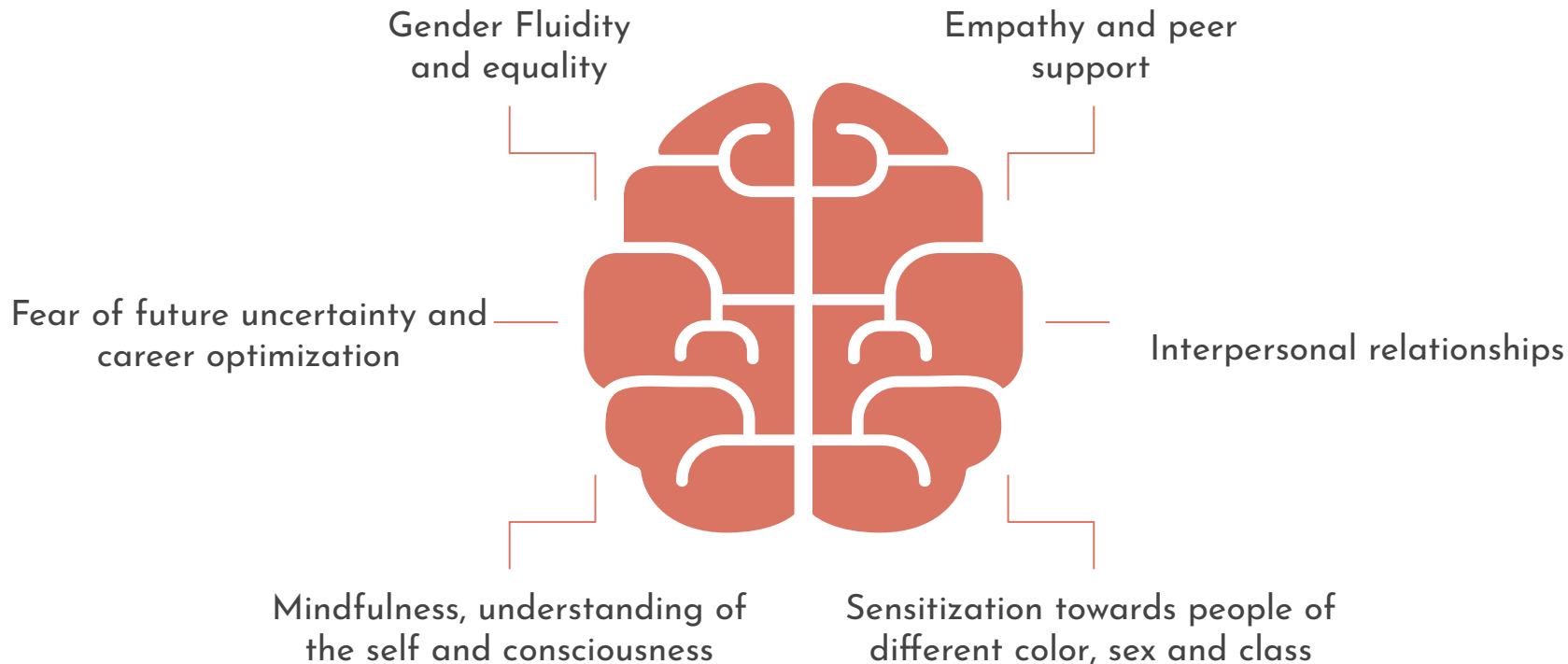
Source: CASEL

Favourable Outcomes of Social Emotional Learning



Source: American Journal Of Public Health

SEL TOPICS



PROGRAMS FOR LONG-TERM FUTURE

Plantation

Rain Water
Harvesting

Gardening

Lowering anxiety levels and stress levels and increasing attentiveness, memory, productivity and creativity.

PEER CIRCLES



Sharing of feelings, ideas on 17 sustainable goals in small groups of children



Confidence, convergent and divergent thinking, spirit of togetherness

DISABILITY INCLUSIVE

Disabilities are often ignored and misunderstood



Special programs for children with learning and neurodevelopmental disabilities (ADHD, Dyslexia, etc.)



Sustainability & Expansion



Teacher Training (by Mental Health Professionals)

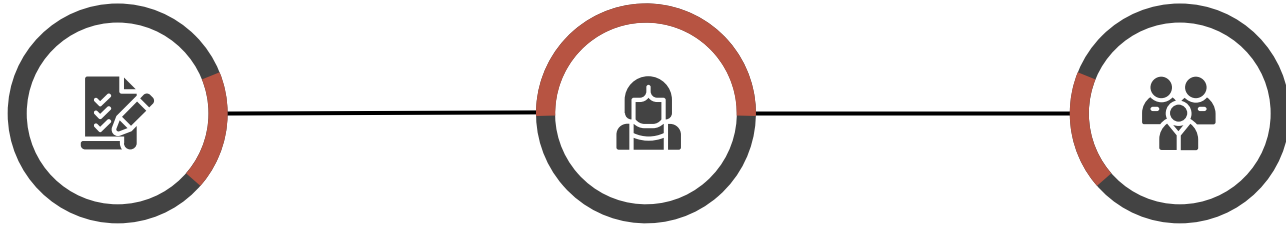
1. Coping Mechanisms
2. 5 SEL Competencies
3. Implementation of the School Wellness Programme



Low-Income Schools

1. Replication of the model
2. Tackling deprivation of a holistic, all-round development

Needs and Impact Assessment

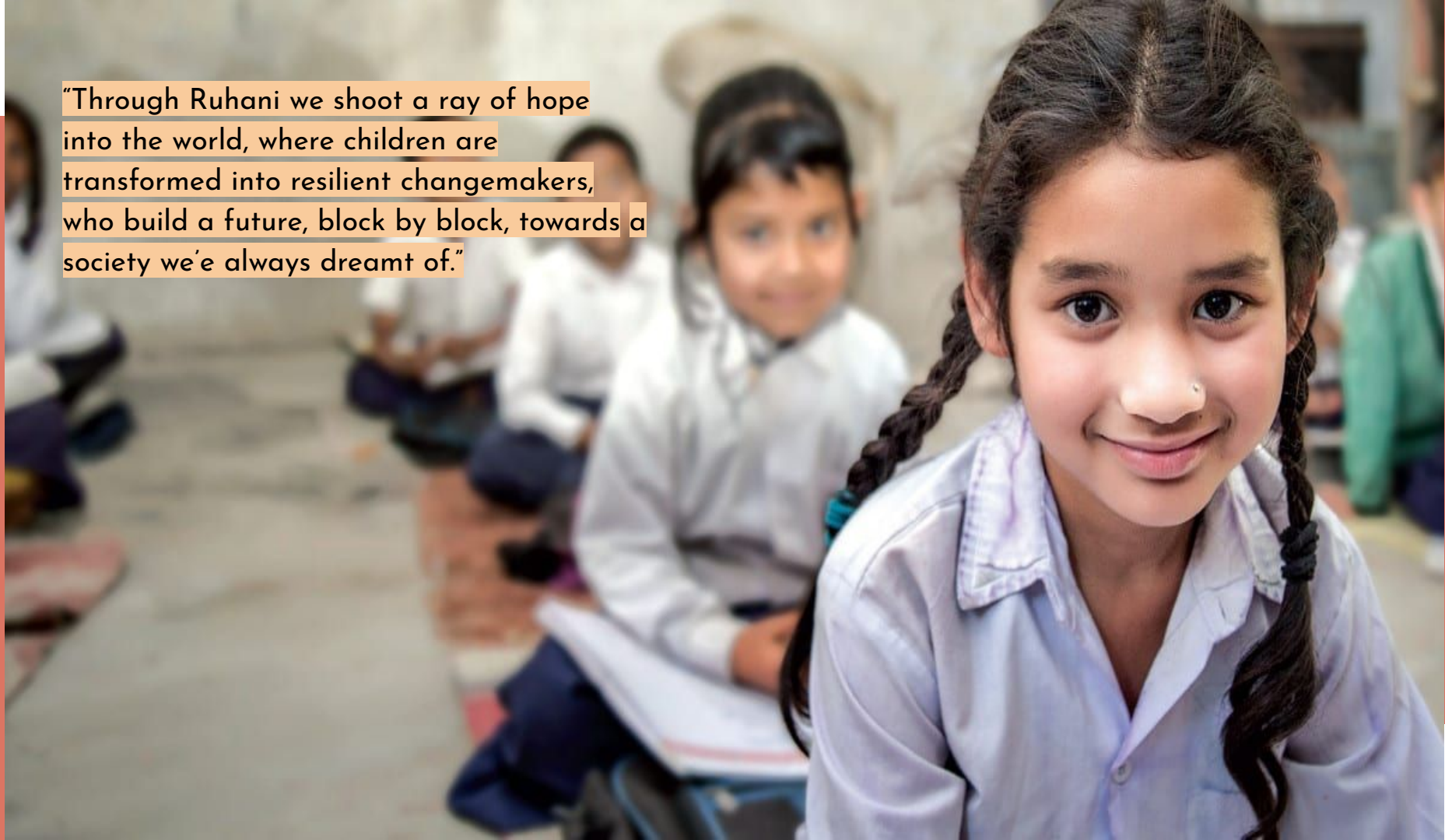


Questionnaires

Self Reports

Focus Group Discussions

“Through Ruhani we shoot a ray of hope into the world, where children are transformed into resilient changemakers, who build a future, block by block, towards a society we’ve always dreamt of.”



THANK YOU