



CCRAF NEWSLETTER
DECEMBER 2025–MARCH 2026

Centre for Community Resilience and Advocacy Foundation

Every Voice Matters, Every Life Counts

CCRAF INDIA NEWSLETTER



About CCRAF

The Center for Community Resilience and Advocacy Foundation (CCRAF) is a non-profit organization dedicated to building stronger, more resilient, and inclusive communities. Through education, empowerment, research, and evidence-based advocacy, it works to promote equitable and sustainable development while addressing the socio-economic, environmental, and psycho-social dimensions of human wellbeing.

Our mission is to empower individuals and communities to become agents of positive change. CCRAF focuses on strengthening mental and public health, inclusive education, child rights, gender justice, and community disaster resilience, while promoting innovation, research, and community participation.

The organization works multiple key focus areas including holistic education, mental health and psycho-social wellbeing, career guidance and counselling, health and nutrition, women empowerment, critical care for elders, environmental sustainability, gender equality, disaster preparedness, and community development. Through these initiatives, CCRAF aims to create meaningful and lasting impact for vulnerable and marginalized section of society.

Special emphasis is placed on empowering women and youth. In Rajasthan, CCRAF supports rural women by providing tailoring and skill-based livelihood opportunities, enabling them to achieve financial independence while contributing to sustainable community development.

CCRAF works closely with schools and slum children education to support holistic student wellbeing by offering school counseling, life-skills education, and early support for academic or emotional challenges. By promoting safe and inclusive learning environments, strong parent-teacher communication, digital wellbeing, and healthy coping skills, the foundation helps young individuals grow into confident and resilient citizens.

Through compassion, collaboration, and innovation, CCRAF continues to nurture resilient communities where every individual has the opportunity to learn, grow, and thrive.

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Education Mental health

Health and nutrition Community development



CONTENT

1 Message

PAGE NO.

2 - 4

2 Mental Health and Career Guidance Workshops

5 - 16

3 Staying Socially Active to Combat Loneliness

17 - 19

4 Special Day Celebration

20 - 27

5 Free Education for Slum Children

28 - 29

6 Media Coverage

30 - 32



Happiness and Wellbeing Workshop, Kalwar Khurd, Amer, Jaipur



Mental Health & Wellbeing Workshop, Gurjaron Ki Talai, Sanganer, Jaipur



Career Guidance and Counselling Workshop, KHERLI, DAUSA

Dec 2025 – Mar 2026

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From the CCRAF Founder and Director's Desk



Sh. Ram Sharma

Dear Readers,

The CCRAF Foundation journey has been guided by a simple yet powerful belief – strong communities create a stronger society. Every initiative we undertake is rooted in our vision of building resilient, inclusive, and empowered communities capable of shaping their own future.

CCRAF has evolved into a platform working across multiple dimensions of human development focusing intervention on mental health, guidance and counselling for students, elderly care, and education for children in underprivileged slum communities. We strive to address real and pressing challenges while creating pathways for dignity, inclusion, and opportunity. A key priority of our work is empowering women, particularly in rural areas, through tailoring and stitching-based livelihood programmes. These initiatives not only equip women with practical skills but also enhance their employability and economic independence, enabling them to contribute meaningfully to their households and communities.

Education remains central for our mission. Through our collaborations with schools, we promote holistic student development by integrating mental health awareness, counselling support, life skills education, and career guidance. Our approach emphasizes early identification of academic and emotional challenges, fostering safe and inclusive learning environments, and strengthening engagement between schools, families, and communities.

We are equally committed to supporting the wellbeing of elderly populations and ensuring access to education for children in marginalized urban settlements, recognizing that inclusive development must address the needs of all age groups and social contexts.

At CCRAF, we also invest in research, innovation, and evidence-based advocacy to respond to emerging social issues and strengthen community resilience, particularly in the face of environmental and socio-economic challenges. This work could only be made possible through the collective efforts of our partners, educators, community leaders, volunteers, and supporters. As we move forward, we remain dedicated to empowering individuals and building sustainable, community-driven solutions that create lasting and transformative impact.

Founder and Director

From the CCRAF Co-founder and Director's Desk



Dr. Ganesh Narayan Choudhary

Dear Readers,

At CCRAF Foundation, we approach community development as an evolving and collaborative process that requires sustained engagement, institutional partnerships, and evidence informative action. Our work is guided by the belief that resilient societies are built when individuals and communities are equipped with knowledge, skills, and support systems necessary to navigate socio-economic, and environmental challenges.

CCRAF has developed into a multi-disciplinary platform addressing key areas such as mental health, student guidance and counselling, women empowerment, elderly wellbeing, and education for underprivileged children and slum communities. Through these interventions, we aim to strengthen human capabilities while ensuring inclusion, dignity, and equitable access to opportunities.

A major focus of our work is within school ecosystems. We implement structured programmes that integrate mental health awareness, psycho-social support, life skills education, and career guidance to promote holistic development among students. These efforts are complemented by initiatives that support women through tailoring and stitching-based skill development, enabling employment, financial independence, and community leadership.

In response to emerging environmental concerns and increasing vulnerability to disasters, CCRAF is actively working towards strengthening and establishing Disaster Risk Reduction (DRR) and Eco Clubs in schools. This can be seen as critical in fostering environmental awareness, preparedness, and responsible citizenship among young learners. In this direction, we are actively seeking collaborations with government agencies, academic institutions, and civil society organizations to expand the reach and impact of these initiatives.

Our commitment to research, innovation, and collaborative engagement ensures that our programmes remain adaptive and impactful. As we move forward, we welcome partnerships that contribute to building resilient, inclusive, and sustainable communities.

Co-founder and Director

From the CCRAF Chief Advisor's Desk



Mr. Deepak Ameta

Dear Readers,

At the Centre for Community Resilience and Advocacy Foundation (CCRAF), our work is guided by a strategic vision to strengthen both institutional frameworks and community capabilities in addressing complex and evolving development challenges. We believe that sustainable and inclusive development requires an integrated approach that combines grassroots level engagement with evidence-based planning, policy alignment, and continuous learning.

CCRAF operates as a multi-disciplinary platform, engaging across thematic areas such as education, mental health, gender equity, public health, and environmental resilience. Through a systems-oriented approach, the Foundation seeks to bridge gaps between community needs, service delivery systems, and governance structures. This enables the design of interventions that are not only contextually relevant but also scalable and sustainable.

The main priority of our work is fostering collaborative partnerships with government institutions, academic bodies, civil society organizations, and community stakeholders. Such convergence is essential to ensure that development initiatives are inclusive, participatory, and aligned with national and global development framework. CCRAF's initiatives within school eco-systems and community platforms highlight the importance of integrating psycho-social support, life skills education, and capacity-building interventions into existing institutional mechanism.

The Foundation also places strong emphasis on research, documentation, and knowledge dissemination. By generating practice-based evidence and promoting adaptive programme design, CCRAF contributes to informed policy dialogue and the replication of effective models across diverse context.

Moving forward is crucial to deepen institutional linkages, encourage innovation, and strengthen participatory governance processes that position communities at the centre of development. CCRAF remains committed to advancing resilient, equitable, and accountable systems capable of responding to emerging socio-environmental challenges.

Chief Advisor

MENTAL HEALTH AND CAREER GUIDANCE WORKSHOPS

Happiness and Wellbeing Workshop, 08 December 2025, Manohariyawala, Jaipur



Government Upper Primary School, Manohariyawala

Nurturing Young Minds: A Step Towards Emotional Well-being

On 8th December, CCRAF conducted an interactive happiness and wellbeing workshop at Government Upper Primary School, Manohariyawala, Sanganer—a school adopted by the Foundation.

The session began on an optimistic note, with Dr. Ganesh Choudhary, Director, CCRAF, honouring Headmistress, Mrs. Indira Kashyap with a token of appreciation, marking the formal inauguration of the program. Followed by an insightful address by Mr. Deepak Ameta, Chief Advisor, who guided and motivated the students with his encouraging words.

The core of the session was led by Mrs. Anamika Chakravarty, Project Coordinator, who conducted engaging mental health activities and interactive discussions. Students participated, openly sharing their thoughts, emotions, and understanding of happiness and well-being. The session showed a positive environment where children felt heard and encouraged.

Adding to the initiative, Mr. Ashish Vaishnav, Social Media & Community Coordinator, thoughtfully captured the entire session—its activities, interactions, and key moments—transforming it into a motivational video aimed at inspiring more schools to adopt such meaningful programs.

The workshop received great appreciation from the school faculty. Headmistress Mrs. Indira Kashyap who expressed her gratitude and shared that such sessions are essential for every school, as they play a vital role in improving students' mental health and overall development. Senior teachers Ms. Gunjan Mishra, Mr. Mahendra Singh Prajapati, and Mr. Jagpal also appreciated the initiative, highlighting the importance of helping children understand happiness and approach education with a positive mindset.

This session marked a significant beginning of CCRAF Foundation's ongoing efforts in the adopted school, reflecting its commitment to fostering emotionally strong, confident, and happy individuals through early mental health awareness.

Happiness and Wellbeing Workshop, 08 December 2025, Manohariyawala, Jaipur



Government Upper Primary School, Manohariyawala

Key Takeaways/Recommendations

CCRAF organized a Mental Health Counselling Session and Interactive Workshop for students and teachers. The program included motivational stories, songs, ice-breaker activities, feeling awareness sessions, stress-relief exercises, and self-esteem building activities, along with discussions on fear and relationships.

These interactive activities created a safe space for students to share their thoughts and learn practical ways to manage emotions.

Regular Mental Health Programs: Schools should integrate counselling and wellbeing sessions to support students' emotional development.

Key Takeaways/Impact:

Students showed improved emotional wellbeing, greater self-confidence, and positive classroom behaviour. The school principal and teachers appreciated the initiative and emphasized the importance of conducting such mental health programs regularly in schools.



Mahatma Gandhi Government School, Kalwar Khurd, Amer Block, Jaipur

Spreading Smiles & Strengthening Minds: CCRAF at Kalwar Khurd

On 18th December, CCRAF Foundation extended its mental health initiative to Mahatma Gandhi Government School, Kalwar Khurd (Block Amer), Jaipur, where an interactive mental health workshop and counselling session was conducted with great enthusiasm and gusto.

The session began with a warm welcome by Mr. Kheru Ram, Headmaster, who felicitated Dr. Ganesh Choudhary, Director of CCRAF, with a bouquet. Dr. Choudhary further honoured the Mr. Kheru Ram with a token of appreciation, marking a respectful and positive beginning to the session.

An inspiring address by Mr. Deepak Ameta, Chief Advisor, set the tone for the workshop, where he shared motivating thoughts and guided students towards a positive and balanced mindset.

The session was led by Mrs. Anamika Chakravarty, Project Coordinator, who skillfully conducted the workshop with a mix of individual and group activities, anchoring the entire program with clarity.

Students and the teachers actively participated in various mental health activities, including happiness-sharing exercises, a "Happiness Wall," meditation, motivational stories, and songs.

The Children confidently expressed their thoughts, shared what makes them happy, and participated in the discussions about the importance and benefits of a healthy mind. Teachers also joined the activities, making the session inclusive and thought provoking.

Mr. Ashish Vaishnav, Social Media & Community Coordinator, effectively captured the entire session, transforming it into a motivational video to inspire wider outreach and encourage more schools to adopt such initiatives.

The session received positive appreciation from the school faculty. Principal Mr. Kheru Ram delivered a vote of thanks, emphasizing the importance of continuing such sessions. Senior teachers Mr. Ravi Shankar and Ms. Hina Rathore shared positive feedback, highlighting that mental health awareness is equally important for both students and teachers and that such programs should reach even the smallest schools.

The workshop stood as a powerful example of how awareness, interaction, and guidance can come together to create a meaningful impact on young minds.



Mahatma Gandhi Government School, Kalwar Khurd, Amer Block, Jaipur

Key Takeaway/Recommendations

CCRAF conducted an interactive Mental Health Awareness Seminar and Workshop focusing on emotional wellbeing and happiness.

The workshop covered emotional awareness, controlling anger and sadness, positive thinking, self-love, friendship and kindness, safe sharing, and help-seeking behaviour. Activities such as laughter therapy and the Happiness Ball activity made the workshop engaging and memorable for students.

Focus on Life Skills: Confidence building, stress management, emotional awareness, and decision-making skills are essential for holistic student development.

Impact:

Students reported increased happiness, improved emotional wellbeing, and openness in expressing their feelings, contributing to a healthier and positive learning environment.



Guiding Young Minds Towards Informed Career Choices, 24 January 2026, Sayapura, Sanganer, Jaipur



Mahatma Gandhi Government School, Sayapura, Sanganer, Jaipur

Guiding Young Minds Towards Informed Career Choices

On 24th January, CCRAF Foundation conducted a Career Assessment Activity, Career Guidance, and Mental Health Wellness Session at Mahatma Gandhi Government School, Sayapura, Block Sanganer, Jaipur, for students of Classes 9 to 12.

The session began with a warm welcome, where Mr. Rakesh Kumar Panchauli and Mrs. Dimple Jain, senior faculty member of the school, felicitated Dr. Ganesh Narayan Choudhary, Director of CCRAF Foundation. The opening set a positive tone for a session that was both informative and relevant to students standing at important turning points in their academic journey.

Addressing the students, Dr. Ganesh Narayan Choudhary shared valuable insights on both career planning and mental health awareness. He encouraged students to approach their future with clarity, confidence, and balance, while understanding the importance of emotional well-being during decision-making.

The session was enriched by Mr. Hemraj Tiwari, Chief Advisor of CCRAF Foundation, who engaged students in an open discussion on the common doubts and challenges they face while selecting subjects and planning their careers.

He offered practical guidance on stream selection, study strategies, and the importance of thoughtful preparation while shaping one's future.

A key feature of the program was the career assessment activity, which was planned by CCRAF intern Ms. Rijuta Chakravarty. She also helped students understand the purpose and process of the assessment, making it easier for them to reflect on their interests, strengths, and possible career directions. Her contribution added a structured and student-friendly dimension to the session.

The program was smoothly conducted by Mrs. Anamika Chakravarty, Project Coordinator, who led the session with clarity and engagement. Through career counseling and guidance, she explained how students can choose the right stream after Class 10, plan their future after Class 12, explore opportunities beyond conventional choices, and maintain mental well-being while navigating career decisions.

The session was supported by Mr. Ashish Vaishnav, Social Media and Community Coordinator, who captured the entire program effectively and helped document the initiative as an informative and inspiring visual record for CCRAF Foundation.

Guiding Young Minds Towards Informed Career Choices, 24 January 2026, Sayapura, Sanganer, Jaipur



Mahatma Gandhi Government School, Sayapura, Sanganer, Jaipur

The school expressed positive feedback for the session. Ms. Dimple Jain appreciated the initiative and shared that such programs are essential in schools, as they help students overcome confusion related to subject selection and career choices. She noted that timely guidance can make students feel more prepared and confident.

The session concluded with a thoughtful vote of thanks by Mr. Deepak Ameta, Chief Advisor, who also shared important reflections on career guidance and the ways students can make their life journey simpler through informed and practical choices.

The entire session created a meaningful impact by helping students understand that career planning is not just about choosing a stream, but about understanding themselves, exploring possibilities, and moving forward with both confidence and emotional balance.

Key Takeaways & Positive Impact:

The session helped students gain clarity about stream selection, career planning after Classes 10 and 12, and the role of mental well-being in decision-making. The career assessment activity added a practical and reflective element, enabling students to understand their interests and strengths. The program reduced confusion, encouraged open discussion, and reinforced the importance of career guidance in schools.

Career Guidance and Counselling Workshop, 16 & 17 December 2025, KHERLI, DAUSA



On 17th and 18th December 2025, CCRAF Foundation conducted a meaningful Career Guidance and Counselling Workshop at Jawahar Navodaya Vidyalaya, Dausa Kherli, designed to support students in both career planning and mental wellness through interactive and informative sessions.

The session began with a warm welcome, where Mr. Mohmmad Husain, Principal Jawahar navodaya vidyalaya felicitated Dr. Ganesh Narayan Choudhary, Director of CCRAF Foundation, with a bouquet. .

The two-day workshop initiative was structured to address different age groups with relevant guidance. During the morning sessions, students from Classes 9 to 12 were provided with a comprehensive career guidance workshop, where they were introduced to a wide range of opportunities available across and beyond traditional streams. Detailed information was shared on Science, Commerce, and Humanities, helping students understand subject choices, career pathways, and future possibilities linked with each stream. The session was engaging and informative through a PPT presentation, which gave students a clear and practical understanding of their academic and professional options.

During the evening session, a special Mental Health and Happiness Session was conducted for students of Classes 6 to 8. This program was highly interactive and energetic, with quizzes, discussions, and engaging activities that encouraged children to participate enthusiastically. The session created a lively and supportive space where students could learn about happiness, emotional well-being, and the importance of a healthy mindset.

The program began on a warm and respectful note, with Vice Principal Mr. Ramroop Meena welcoming Dr. Ganesh Narayan Choudhary, Director, CCRAF, with a bouquet and extending a warm welcome to the entire CCRAF team.

Dr. Ganesh Narayan Choudhary, addressed the students with an inspiring and motivational session, explaining why early career awareness is important and how timely guidance can benefit students in shaping a stronger future.

The session was further enriched by Mr. Deepak Ameta, Chief Advisor of CCRAF, who motivated students through enlightened discussions on the importance of choosing the right career path and understanding its relevance in today's changing world.

The workshop was effectively conducted by Mrs. Anamika Chakravarty, Project Coordinator, who led the workshop with great clarity and engagement. Through detailed presentations, one-to-one interaction, questionnaires, activities, and quizzes, she ensured that students received complete and practical career-related guidance without confusion. Her efforts made the sessions highly interactive and informative for the students.

The initiative was also strongly supported by Mr. Ashish Vaishnav, who captured the complete program and helped create a motivational video for CCRAF Foundation's outreach and website presence.

CAREER GUIDANCE AND COUNSELLING WORKSHOP, 16 & 17 DECEMBER 2025, KHERLI, DAUSA

At the concluding the workshop, Vice Principal Mr. Ramroop Meena delivered a vote of thanks and shared an encouraging feedback. He emphasized that such sessions are extremely important for all schools, especially for Navodaya students, who often live away from cities and may not always have regular access to updated career-related information. He noted that even small and timely guidance can make a big difference in the lives of students.

The session was appreciated by Mr. Narendra Singh, PGT Biology, who shared that such programs should be conducted in every school because of the valuable direction they provide to students. Positive feedback was also given by Mr. Yogesh, Librarian, who appreciated the efforts of the CCRAF team and acknowledged the value of their work. Many students also came forward to share their thoughts, making the workshop even more vibrant and meaningful.

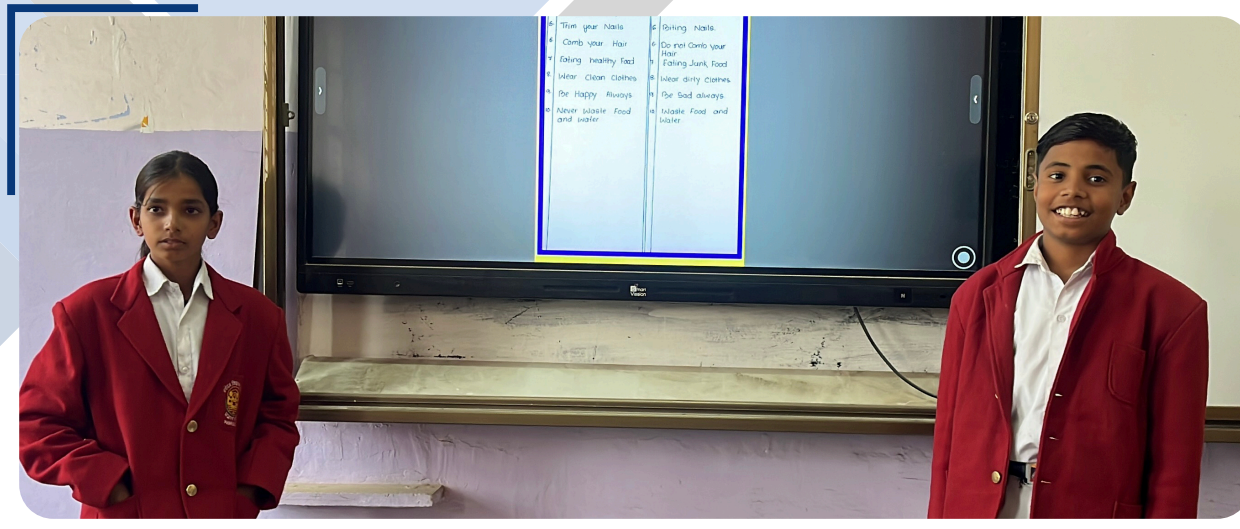
This two-day's initiative reflected CCRAF's strong commitment to helping students become more aware, confident, emotionally balanced, and better prepared for the future.

Key Takeaways & Positive Impact:

The sessions provided students with clear guidance on stream selection, career opportunities, and future planning, addressing happiness and mental well-being through interactive activities. The blend of presentations, quizzes, discussions, and one-to-one guidance made the workshop engaging and impactful. Positive feedback from the school administration and faculty reinforced the importance of conducting such sessions regularly, especially in schools where students may have limited access to career awareness resources.



CAREER GUIDANCE AND COUNSELLING WORKSHOP, 29 TO 31 JANUARY 2026, KHERLI, DAUSA



From 29th to 31st January, CCRAF Foundation conducted a meaningful three-day Career Guidance and Counselling Workshop at Jawahar Navodaya Vidyalaya, Dausa Kherli, designed to help students across different age groups with the right guidance at the right stage.

The three-day Workshop was well designed to meet the needs of different classes. On 29th January, students of Classes 6 to 8 attended a Mental Health and Counseling Session, where they were guided on emotional well-being, self-understanding, and the importance of a healthy mindset. The session was interactive and engaging, helping younger students express themselves openly and confidently.

This was followed by a Career Guidance and Counselling Workshop for Classes 9 to 10, focused on helping students understand how to choose the right subjects after Class 10. On 31st January, students of Classes 11 and 12 participated in a detailed Career Guidance Session with PPT Presentation, where they were introduced to a broad spectrum of career opportunities and future pathways.

All three days Workshop was effectively conducted by Mrs. Anamika Chakravarty, Project Coordinator, CCRAF Foundation, who led the sessions with clarity, energy, and practical insight. Through PPT presentations, worksheets, discussions, and interactive guidance, she helped students understand how to make choices about their future. The sessions highlighted that career opportunities are not limited to the traditional streams of Science, Commerce, and Arts, but extend far beyond them into thousands of diverse fields.

Students were also introduced to the importance of vocational skills, and how to strengthen their ability of language, communication skills, writing skills, reading ability, and sports talent can open meaningful career pathways. Special attention was given to government sector opportunities, sports-related careers, entrepreneurship, and even pathways for students who aspire to study abroad. The overall approach made the sessions highly relevant, practical, and inspiring for the students.

The workshop began on a warm note with a welcome by Mr. Ramroop Meena, Vice Principal of Jawahar Navodaya Vidyalaya, Dausa Kherli, who felicitated Mrs. Anamika Chakravarty and Mr. Ashish Vaishnav, Social Media and Community coordinator, CCRAF, with bouquets. He also delivered the opening remarks, sharing why such sessions are important for students and how they can make a lasting difference in shaping their future.

Mr. Ashish Vaishnav also played an important role in documenting the sessions and capturing the program for CCRAF Foundation's outreach and communication efforts.

The workshop received a very positive response from both students and the school administration. Students actively participated throughout the sessions, shared their thoughts openly, and expressed that the activities were highly interactive, informative, and enjoyable. Many of them appreciated the guidance and requested that such sessions should continue in more schools so that more students can benefit from them.

This three-day initiative reflected CCRAF's ongoing commitment to empowering students with awareness, confidence, and the right direction—helping them not only choose careers wisely, but also grow with clarity and self-confidence.

CAREER GUIDANCE AND COUNSELLING WORKSHOP, 29 TO 31 JANUARY 2026, KHERLI, DAUSA



PM Shri Jawahar Navodaya Vidyalaya, Kherli dausa

Key Takeaway/Recommendations

Career Exploration and Emotional Development among Students

From 29 to 31 January, CCRAF conducted a series of Career Counselling Sessions for students of Classes 6 to 12 at Jawahar Navodaya Vidyalaya Dausa. The sessions focused on career exploration, helping students understand various career options based on their skills, interests, and personality. In addition to career planning, the program emphasized the importance of mental health, emotional balance, and self-confidence in decision-making. Students were encouraged to recognize their abilities, manage self-doubt, and understand the role emotions play in shaping career choices.

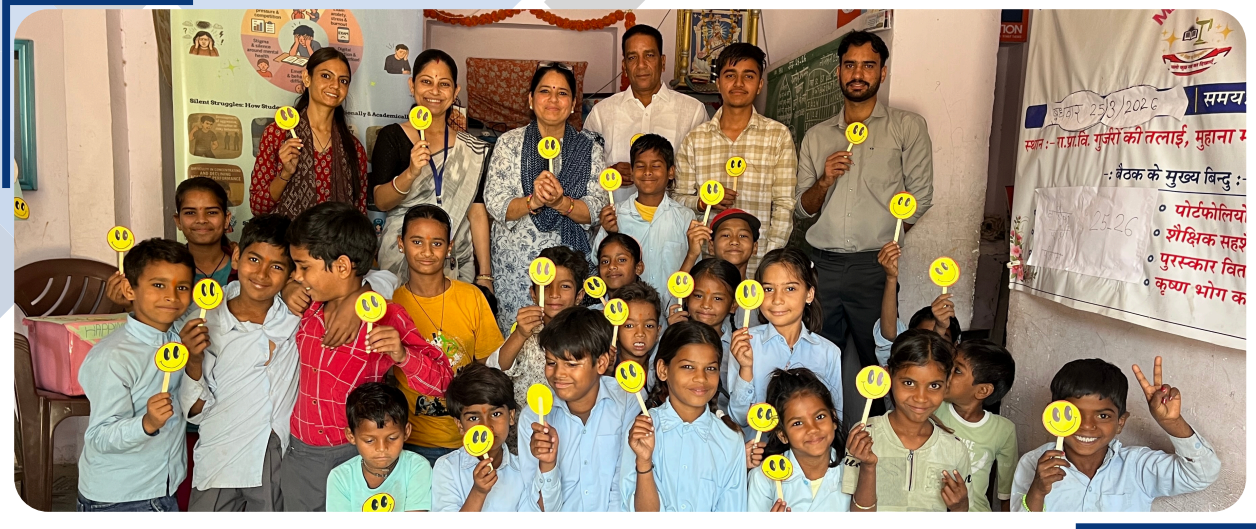
Expanding Wellness Programs for All Age Groups

Mental wellness initiatives should not be limited to students alone. Programs designed for elderly individuals and community members can contribute to building a more emotionally healthy society.

Impact:

Many students expressed motivation to explore their talents, set future goals, and seek guidance for their career planning journey.

MENTAL HEALTH & WELLBEING WORKSHOP, 27 MARCH 2026, GURJARON KI TALAI, SANGANER, JAIPUR



On 27 March 2026, CCRAF India organized a Mental Health & Wellbeing Workshop at Government Primary School, Gurjaron Ki Talai. The Workshop focused on emotional wellbeing, happiness, and mental health awareness among students.

The workshop began with a warm welcome where CCRAF India Director, Dr. Ganesh Narayan Choudhary, was greeted by the school Headmistress Mrs. Alka Patwal with a bouquet as a gesture of respect and welcome. The entire CCRAF team was welcomed by the school staff.

After the welcome, Director, Dr. Ganesh Narayan Choudhary delivered a very inspiring speech on mental health. In his speech, he explained why mental health is important for every child and every individual. He motivated students and teachers by explaining that mental health, emotional strength, and happiness are as important as education and career.

The workshop was then continued by Project Coordinator Ms. Anamika Chakravarty, who had planned and organized the entire session in a very structured and interactive manner. She conducted the counselling session and workshop with the students and also organized an activity in which children wrote about the things that make them happy. This activity was very interactive and impressive, and all the students actively participated. Teachers also participated in the activity, which made the session more engaging and meaningful.

The happiness notes written by the children were pasted on the Happiness Wall brought by the CCRAF team. Smile cards were also distributed among the children to spread positivity and happiness.

The program was captured and documented by Mr. Ashish Vaishnav, Social Media and Community Coordinator, so that the message could be shared with society and more people can come forward to support such school mental health and wellbeing programs.

At the end of the program, a Vote of Thanks was given, where appreciation was expressed for CCRAF India and the entire team for organizing such a meaningful and effective program. The school staff gave very positive feedback and appreciated the work done by the organization. They also expressed that such programs should be conducted in more schools for the emotional and mental development of children.

MENTAL HEALTH & WELLBEING WORKSHOP, 27 MARCH 2026, GURJARON KI TALAI, SANGANER, JAIPUR



Govt. Primary School, Gurjaron Ki Talai, Sanganer

Key Takeaway/Recommendations

- Mental health awareness is very important for students from an early age.
- Children need a safe space to express their feelings and thoughts.
- Interactive activities help students open up and participate.
- Happiness and emotional wellbeing should be part of school curriculum.
- Teachers play a very important role in students' emotional development.
- Small activities like appreciation, sharing feelings, and expression can improve confidence and emotional health.
- Society should come forward to support school mental health programmes.

Impact:

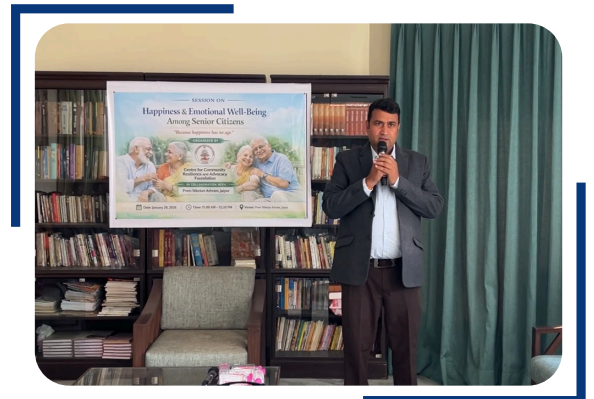
- Students felt happy, confident, and excited to share their thoughts.
- The Happiness wall activity created a positive and happy environment in the school.
- Students learned the importance of expressing emotions and staying positive.
- Teachers became aware about students' emotional and mental health needs.
- The school appreciated the initiative and showed interest in future programs.
- The program helped spread awareness that mental health is equally important in academic education.
- The documentation of the program will help spread awareness in society and encourage more such initiatives.

STAYING SOCIALLY ACTIVE TO COMBAT LONELINESS



On 28 January 2026, CCRAF organized a heartwarming programme at Prem Niketan ashram, Jaipur, dedicated to the happiness, emotional wellness, and active engagement of elderly residents. Thoughtfully curated with dance, meditation, counselling, music, interactive games, and mental health-focused activities, the event created a happy and compassionate environment where every participant felt valued and included.

The programme began with a warm and inspiring address by Dr. Ganesh Narayan Choudhary, Director of CCRAF, who welcomed the elderly residents with deep respect and affection. His speech was both motivational and heartfelt, setting a positive tone for the day and making the residents feel genuinely honoured and appreciated. His words reflected CCRAF's commitment to creating spaces where senior citizens are not only cared for, but also accepted in Prem Niketan Ashram.



Wellness and Joyful Interaction at Prem Niketan ashram



The event was enriched by the gracious presence of Professor Olive Peacock (Retd.), University of Rajasthan Jaipur who served as the keynote speaker. Her thoughtful and inspiring message resonated deeply with the elderly participants and which was received with great warmth and admiration. Her presence brought wisdom, grace, and emotional depth to the gathering.

Adding colour and vibrancy to the event, Dr. Rajendra Rao, a respected dance guru, and Ms. Khushi, a singer, were invited to make the occasion even more special. Through their performances and participation, they brought music, rhythm, and energy into the celebration, turning the programme into a truly lively and memorable experience. The elderly residents enthusiastically joined in, enjoying the performances, participating in dance, and embracing the joyful spirit of the day.

The programme featured a rich blend of activities, including motivational speeches, mental health awareness sessions, interactive games, question-and-answer rounds, poetry, and group engagement exercises. These segments were designed not only to entertain but also to offer emotional comfort, positivity, and meaningful human connection. Many residents actively participated, shared their thoughts, and expressed that such programmes should be organized more often, as they bring happiness, mental relaxation, and a sense of belonging.



A particularly special moment came through the appreciation expressed by the senior head of the old age home, who praised the CCRF team for organizing such a thoughtful and uplifting event. With heartfelt blessings, he extended a warm invitation for more such programmes in the future, expressing that the team was welcomed not as guests, but as members of their extended family. His words added deep emotional value to the day and reflected the true success of the initiative.

The programme was well anchored and systematically conducted by Mrs. Anamika Chakravarty, Project Coordinator and CCRAF team member, whose thoughtful hosting ensured that each segment was presented with dignity, warmth, and smooth coordination. From respectful welcome moments to poetry, games, and interactive engagement, every element of the programme was managed with care and professionalism, allowing the elderly residents to participate freely and joyfully.



Wellness and Joyful Interaction at Prem Niketan ashram

The event was further strengthened by the motivating address of Mr. Deepak Ameta, Chief Advisor, whose speech encouraged the elderly participants and added another meaningful layer of emotional support and positivity to the gathering.

The programme was also skillfully documented by Mr. Ashish Vaishnav, Social Media and Community Coordinator, who covered the essence of the event through thoughtful visuals and later transformed it into a motivational video. This creative effort helped carry the programme's message to a larger audience, inspiring others to recognize the importance of spending time with elderly people and creating joyful experiences for them. It beautifully conveyed the idea that while senior citizens may have lived rich and complete lives, even a small gesture of care, respect, and companionship can make their later years more peaceful, meaningful, and cheerful.



SPECIAL DAY CELEBRATION

Empowering Young Minds on National Youth Day



Tagore Senior Secondary School , Bonli, Sawai Madhopur

12 January 2026, National Youth Day, a meaningful Mental Health and Stress Management Programme was organised at Tagore Senior Secondary School, Bonli, Sawai Madhopur. The programme was conducted under the Rashtriya Kishor Swasthya Karyakram (RKSK) with the support of the National Health Mission, Rajasthan, and in collaboration with CCRAF, Jaipur.

The event was organised with the objective of creating awareness among adolescents and young students about mental health, emotional well-being, and stress management. Around 170 students participated enthusiastically in the programme, making it an interactive session.

The programme commenced with the keynote address by Dr. Ganesh Narayan Choudhary, Director, CCRAF Foundation, who spoke about the importance of mental health awareness among adolescents and youth. He highlighted the need for building a healthy and empowered society through emotional strength, positive thinking, self-discipline, and inner resilience. His address encouraged students to understand the value of mental well-being in both their personal and academic lives.

An informative session was conducted by Dr. Manish Meena from Government Hospital, Bonli, who explained the importance of mental health, the causes of stress, and practical ways to manage emotional pressure in daily life. The main session was conducted by Mrs. Anamika Chakravarty, Project Coordinator, CCRAF, who guided students through meaningful discussion and activities on stress management, communication skills, emotional support, positive lifestyle practices, and examination stress management.

The session was coordinated effectively by Mr. Deepak Ameta, Chief Consultant, CCRAF, while Mr. Dilip Singh Gurjar, District Project Coordinator (NCD), also extended valuable support in the successful organisation of the event. The programme further gained strength through the presence and contribution of media and local support members associated with the initiative.

One of the major highlights of the programme was the mental health awareness quiz competition, in which students participated actively and confidently. Their involvement reflected both awareness and enthusiasm, making the programme more engaging and meaningful.



Tagore Senior Secondary School , Bonli, Sawai Madhopur

At the end of the event, Mr. Rajesh Sharma, Principal of the school, expressed gratitude to all guests, organisers, coordinators, support teams, and students for their active participation and valuable contribution. The programme ended on a positive and encouraging note, reinforcing the importance of continuous mental health awareness and youth support in educational institutions.

Through such initiatives, CCRAF Foundation continues to promote adolescent well-being, emotional health, and life skills among students, contributing significantly to the vision of a healthier, more aware, and empowered young generation.

Key Takeaways & Impact

The session helped students to understand the importance of mental health, positive thinking, and stress management through interactive activities, guided reflection, and open participation. Meditation, creative expression, and student interaction made the workshop engaging and useful. The response from students and their active participation in the poster competition reflected a growing awareness of emotional well-being and reinforced the need for more such initiatives in schools.

Republic Day Celebration and Community Engagement at the Adopted Government Upper Primary School, Manohariyawala



On 26th January 2026, CCRAF Foundation organized the Republic Day celebration at its adopted school, Government Upper Primary School, Manohariyawala, turning the occasion into much more than a school function. It became a powerful community-driven initiative aimed at inspiring local participation, strengthening the school environment, and creating better opportunities for children.

In preparation for the celebration, the CCRAF team worked closely with the school for several days, helping organize and manage the entire program in a systematic and engaging way. The team coordinated the event, welcomed villagers and guests, conducted the anchoring, and invited participants for their respective performances. The goal was not only to celebrate the national occasion, but also to bring the surrounding community together for the growth and development of the school.

The celebration featured a number of cultural performances prepared with the support of the CCRAF team. Students were guided and trained for patriotic dance performances, group songs, group dances, role plays, dramatic acts, and a special presentation based on the national flag. These performances were greatly appreciated by the audience, and the children received enthusiastic applause from villagers and guests for their confidence and preparation.

A major highlight of the program was the inspiring presence of Dr. Ganesh Narayan Chaudhary, Director of CCRAF Foundation, who addressed the gathering with a motivational message. In his speech, he encouraged the local community, nearby villages, alumni, and invited guests to come forward and contribute to the school's development. He emphasized that if the community joins hands to support the school, it can be transformed into a better-equipped and more accessible institution where children from nearby areas can get quality education without having to travel far for admission.



The program was enriched by thoughtful and motivating words from Mr. Deepak Ameta, Chief Advisor, and Mr. Hemraj Tiwari, Senior Advisor, CCRAF, both of whom inspired the children and community members to believe in collective effort, educational growth, and the value of supporting young learners at the grassroots level.

The celebration was smoothly anchored and conducted by Mrs. Anamika Chakravarty, Project Coordinator, who managed the flow of the program with clarity, energy, and structure. From inviting performers to coordinating each segment, her efforts ensured that the event remained disciplined, engaging, and impactful throughout.

Republic Day Celebration and Community Engagement at the Adopted Government School



The visual presentation of the celebration also added great charm to the occasion. The stage decoration, patriotic backdrop, rangoli, and complete event setup were well prepared by the CCRAF team, making the environment attractive, effective, and welcoming for the audience. These efforts helped create a festive atmosphere and encouraged greater community participation.

The initiative was warmly appreciated by Mrs. Indira Kashyap, Headmistress, who praised the CCRAF team for their commitment and efforts in supporting the school. She expressed heartfelt thanks and shared motivational words, appreciating the role the Foundation played in bringing people together for the school's development. Senior teachers Ms. Gunjan Mishra, Mr. Mahendra Singh Yadav, and Mr. Jagpal Gurjar also shared positive feedback, acknowledging that the presence and efforts of the CCRAF team helped bring together many supporters and well-wishers for the school.

One of the most touching outcomes of the program was that it inspired direct support for the school. Moved by the initiative and the collective spirit of the event, a helping soul Mr. Sundar Lal Sharma (social worker) came forward to support the installation of a water tap in the school, with the help of the CCRAF team. This became a meaningful symbol of how community engagement can lead to real and lasting improvements for children.

This Republic Day celebration was not just a national event—it reminds us that when a community comes together with purpose, even a school can become the center of transformation, hope, and opportunity.



Republic Day Celebration with Children in the Slum Community



Republic Day, 26 January 2026, the CCRAF team organized a heartfelt and vibrant celebration with children from the slum community. The programme began at 10:00 AM, where a large number of children enthusiastically participated and made the event truly memorable.

The celebration was designed to make the children feel included in the spirit of the nation and to inspire them to see themselves as future contributors to India's progress. Dr. Ganesh Narayan Choudhary, Director of CCRAF, delivered a patriotic address, encouraging the children to understand their role in nation-building. He motivated them to continue their education, move forward with confidence, and become active participants in the development of the country.

The programme was enriched by the presence of Chief Advisor Mr. Hemraj Tiwari, who shared an inspiring message with the children, and Mr. Deepak Ameta, member of the CCRAF team, who touched young hearts through a motivational story and speech. Which left a deep impression and added great meaning to the celebration.

A special highlight of the event which was the gracious presence of Chief Guest Mr. Dinesh Choudhary, a dedicated social worker who has supported the education of many slum children and helped several of them gain admission into good schools. He joined the celebration with warmth and happiness, interacted with the children, asked them thoughtful questions, and appreciated their confident responses. He expressed his happiness on seeing the sincere work being carried out by the CCRF team for these children.



The event was filled with colourful and engaging performances by the children, including group dances, group songs, individual speeches, and poetry recitations. A motivational story was also shared during the programme, adding further inspiration to the occasion. The entire event was beautifully conducted by Mrs. Anamika Chakarvarty, Project Coordinator, whose thoughtful coordination made the programme interactive, and highly engaging.

The celebration was not only informative and inspiring but extremely joyful. Local community members and residents gathered to watch the programme and expressed great appreciation for the initiative. Sweets were distributed among the children, and many proudly waved the Indian tricolour, sharing patriotic thoughts and messages that reflected their innocence, hope, and love for the nation.



REPUBLIC DAY CELEBRATION WITH CHILDREN IN THE SLUM COMMUNITY

The event was also well concluded by Mr. Ashish Vaishnav, Social Media and Community Coordinator, who covered the entire programme and transformed it into a motivational visual story to share with the public. Through this effort, the message of the initiative reached more people—showing that even a small step taken together can help build a brighter future for these children.

These are the same children who are being taught regularly by CCRAF interns, with continuous efforts being made to help them understand the value of education and personal growth. The Foundation's larger mission is to identify talented and gifted children from each slum community and support them in getting admission to quality schools. During the event, it was also declared by Dr. Ganesh Narayan Chaudhary that CCRAF Foundation will continue to celebrate every major festival and occasion with these children, strengthening the bond of trust, belonging, and encouragement.

The enthusiasm of the children, the joy of their parents, and the appreciation from the community made this Republic Day celebration a truly meaningful and memorable initiative.

Key Takeaways & Positive Impact::

This celebration highlighted the importance of inclusive nation-building, where every child, regardless of background, is made to feel seen, valued, and capable of contributing to society. It also reinforced CCRAF Foundation's commitment to combining education, encouragement, and community engagement in a meaningful way.

The programme sent a sense of confidence, patriotism, and belonging among the children. It also strengthened community trust in CCRAF Foundation's work and beautifully communicated the message that with the right support and opportunities, these children can move towards a more hopeful and empowered future.



Celebrating Strength & Creativity – Women’s Day at CCRAF



On International Women’s Day, CCRAF Foundation organized a heartwarming and impactful celebration with the women staff of Shri Radharani Creation. The event witnessed enthusiastic participation from all the women employees, creating an atmosphere filled with positivity, learning, and togetherness.

The event was well organized to create a warm and lively environment for the senior residents. The program began with a guided meditation session, helping participants relax, calm their minds, and experience a sense of inner peace. This was followed by a mental health awareness session, where participants were encouraged to share their thoughts and experiences in an open and supportive atmosphere.

The session emphasised on discussions around women empowerment and personal as well as professional growth. The team shared creative ideas encouraging women to enhance their skills and explore new opportunities beyond their daily roles. A key highlight of the event was an innovative discussion on utilizing fabric waste generated during the production of kurtis. Women were encouraged to reuse leftover materials and transform them into useful, marketable products, opening doors for additional income and skill development.

CCRAF assured its full support by providing guidance, marketing platforms, and opportunities for these women to showcase and sell their creations. The initiative aims to promote self-reliance and creativity among women while contributing to sustainable practices.

Many participants confidently shared their thoughts through short speeches, emphasizing that women today should step beyond traditional boundaries, actively contribute to society, and pursue growth in every sphere of life.

The event ended on a enthusiastic note with refreshments followed by a musical gathering, where everyone came together to sing, celebrate, and cherish the spirit of womanhood.

A day of inspiration, empowerment, and new beginnings – truly a celebration of women in every sense.

Colors of Joy – Phag Mahotsav with Young Smiles



On 10th March, CCRAF Foundation brought colors, joy, and unforgettable smiles to life by organizing a vibrant Phag Mahotsav celebration with children from the nearby slum community. The day was filled with excitement, laughter, and a strong sense of togetherness.

The celebration became even more special with the gracious presence of a representative from Jyoti Export Company, who joined as the Chief Guest and judge for the event. A drawing competition was organized, giving children a wonderful opportunity to showcase their imagination and creativity. The Chief Guest evaluated the artworks and awarded prizes to the winners, making the moment even more encouraging and memorable for the young participants.

Besides the competition, the true spirit of Phag came alive through flowers, music, and dance. Children played the dhol, danced with pure joy, and immersed themselves in the festive energy. Their enthusiasm and happiness created a lively and positive atmosphere throughout the event.

Throughout this celebration, CCRAF ensured that every child felt included, encouraged, and inspired – giving them a platform to express their creativity and celebrate the festival together.

A day filled with colors, creativity, and countless smiles – celebrating childhood in its purest form.

The event ended with a happy note with refreshments, followed by a musical gathering where everyone came together to sing, celebrate, and cherish the spirit of colours and cohesiveness.



FREE EDUCATION FOR SLUM CHILDREN

Two Hour That's Changing Lives: A CCRAF Initiative



Change in society does not always come from big actions; often, it begins with small, consistent efforts. With this belief, CCRAF Foundation continues to run a meaningful initiative that is not just about education, but about shaping brighter futures.

CCRAF interns who are currently pursuing their internship with the foundation are working actively to support children in slum communities. Every day, they dedicate two hours to teaching and preparing these children, with the aim of helping them build a better life through education.

Interns including Rijuta Chakravarty, Dev Badgurjar, Khushi Jangid, and Priyanshi Sharma are contributing wholeheartedly to this mission. Every afternoon between 3 PM and 5 PM, they visit a small learning space within the slum, where children gather with enthusiasm and a strong desire to learn.

Using simple yet effective teaching methods such as blackboards, whiteboards, charts, and interactive explanations, the interns make learning engaging and easy to understand. They also focus on identifying each child's interest and strength—whether in academics, drawing, poetry, or music—and encourage them to pursue it.



An important contribution to this initiative has also come from Uttam Ameta, a dedicated social worker and volunteer teacher, who has devoted his time to teaching science to these children. Through his consistent efforts and practical approach, he has played a key role in strengthening their understanding and confidence.

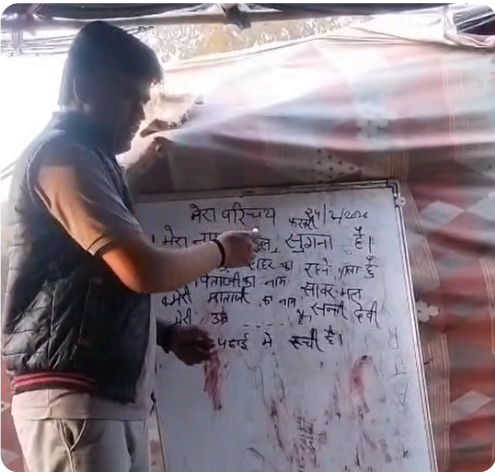
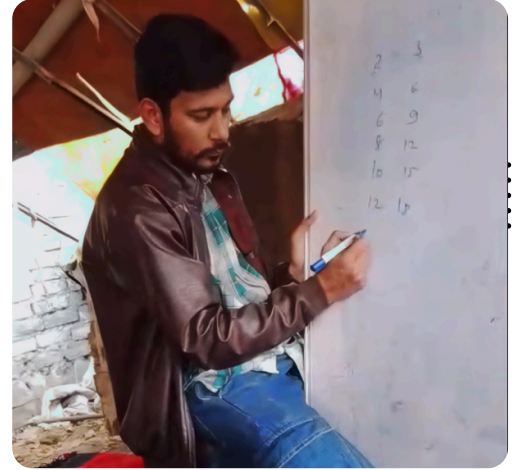
The main objective of this initiative is to prepare these children for a better future by connecting them with formal education. Special attention is given to children who show a aptitude to learn, helping them build the confidence and readiness required for school admissions.

Two Hour That's Changing Lives: A CCRAF Initiative

CCRAF Foundation is committed to ensuring that these children receive not only academic support but also the motivation and guidance needed to move ahead in life. Encouragingly, many parents are now supporting this journey and aspiring for their children to receive proper education and build a dignified future.

This initiative reflects the true power of consistent effort and collective responsibility. Just two hours each day is opening new doors of opportunity, building confidence, and guiding these children toward a brighter and secure future.

At CCRAF India, it's not just about effort—it's about creating real change.



'Happiness' Session Inspires Students Emphasis on Mental Health Along with Education



FAIR REPORT

Sanganer, Jaipur: A special session on Happiness and Mental Health was organized today at Government Upper Primary School, Manohariyawla, Sanganer, Jaipur by the Center for Community Resilience and Advocacy Foundation (CCRAF). The objective of the session was to help students understand the relationship between happiness, positive thinking, emotional balance, and improved academic performance.

Well-known social worker and respected community figure Mr. Sunderlal Sharma attended the event as the Chief Guest. He shared practical insights on staying positive, avoiding stress, and maintaining a happy mindset, stating that "A happy

mind is the first step towards success."

The session was led by CCRAF Director Dr. Ganesh Narayan Choudhary, Chief Advisor Deepak Ameta, and Program Coordinator Mrs. Anamika Chakraborty. They explained that when children are mentally healthy, balanced, and happy, their academic achievement, concentration, creativity, and overall personality development naturally improve. The school's Headmistress Mrs. Indira Kashyap and other teachers also guided the students on happiness, self-control, and essential life skills. Students actively participated in the session, expressing their feelings through Smiley Activities and the Expression Platform.

दौसा में आयोजित करियर मार्गदर्शन सत्र ने छात्रों में जगाई नई ऊर्जा भविष्य संवारना, सपनों को उड़ान देना

P3 News@

दौसा। पीएम श्री जवाहर नवोदय विद्यालय, खेरली (जिला दौसा) में आयोजित करियर मार्गदर्शन एवं परामर्श सत्र छात्रों के लिए एक टर्निंग पॉइंट साबित हुआ, जिसने उनके भीतर नई ऊर्जा, आत्मविश्वास, स्पष्टता और बड़े सपने देखने का साहस भर दिया। सामुदायिक लचीलापन और वकालत फाउंडेशन के लिए केंद्र (सीसीआरएफ) के सहयोग से आयोजित इस प्रेरक कार्यक्रम का उद्देश्य विद्यार्थियों के समग्र विकास पर केंद्रित रहते हुए उन्हें वैज्ञानिक, सुव्यवस्थित और दूरदर्शी करियर मार्गदर्शन प्रदान करना रहा, ताकि वे आत्मविश्वास के साथ अपने भविष्य को आकार दे सकें। कार्यक्रम का संचालन सुश्री अनामिका चक्रवर्ती के प्रभावी समन्वय में हुआ, जहाँ मुख्य सलाहकार श्री दीपक अमेटा और श्री आशीष वैश्याव के साथ मिलकर विद्यार्थियों को विषय चयन, अभिरुचि एवं क्षमता की पहचान, उपलब्ध शैक्षणिक धाराएँ, उच्च शिक्षा के अवसर, प्रतियोगी परीक्षाएँ, छात्रवृत्तियाँ तथा दीर्घकालिक करियर योजना जैसे महत्वपूर्ण विषयों पर गहन जानकारी प्रदान की गई। यह सत्र केवल जानकारी देने तक सीमित नहीं रहा, बल्कि इसने विद्यार्थियों को बड़े सपने देखने और दृढ़ संकल्प के साथ आगे बढ़ने के लिए प्रेरित भी किया। अपने प्रेरक संबोधन में सीसीआरएफ के संस्थापक एवं निदेशक श्रीराम शर्मा ने कहा कि इस प्रकार की पहलें युवाओं



को सशक्त बनाती हैं, नेतृत्व क्षमता विकसित करती हैं और समाज में सकारात्मक परिवर्तन की जिंगी प्रवर्धित करती हैं। सह-संस्थापक एवं निदेशक डॉ. गणेश नारायण चौधरी ने बताया कि नियमित करियर परामर्श छात्रों को मानसिक रूप से मजबूत बनाता है, आत्मविश्वास बढ़ाता है और उन्हें भविष्य के लिए अधिक केंद्रित एवं तैयार करता है। प्रधानाचार्य श्री मोहम्मद हुसैन एवं उप-प्रधानाचार्य श्री रामरूप मीणा ने इस पहल की सराहना करते हुए कहा कि समय पर मिला सही मार्गदर्शन हिचकिचाहट को आशा में,

भ्रम को स्पष्टता में और क्षमता को सार्थक उपलब्धि में बदल देता है। कार्यक्रम का प्रभाव तुरंत दिखाई दिया — विद्यार्थियों में करियर को लेकर जागरूकता, उत्साह और आत्मविश्वास उल्लेखनीय रूप से बढ़ा। यह महत्वपूर्ण पहल न केवल विद्यालयी शिक्षा को समृद्ध बनाने में सहायक रही, बल्कि विद्यार्थियों के भीतर लक्ष्य, उद्देश्य और उत्कृष्टता की ज्योति भी प्रवर्धित करती है, जिससे यह आयोजन उनके शैक्षणिक जीवन की एक वास्तविक रूप से परिवर्तनकारी और प्रेरणादायी उपलब्धि के रूप में दर्ज हो।

Shaping Futures, Igniting Dreams: Powerful Career Guidance Session Inspires Young Minds in Dausa

FAIR REPORT

Dausa. A highly impactful and motivational Career Guidance and Counseling Session at PM Shri Jawahar Navodaya Vidyalaya, Kherli (District-Dausa) has emerged as a turning point for students, filling them with renewed confidence, clarity,

the support of the Centre for Community Resilience and Advocacy Foundation (CCRAF), the program focused on holistic student development, offering scientific, structured, and visionary guidance to help students confidently design their future. Under the dynamic coordination of Ms.



with Chief Advisors Mr. Deepak Ameta and Mr. Ashish Vaishya; the session provided

into subject selection, identification of aptitude and interests, available academic

opportunities, competitive examinations, scholarships, and long-term career planning strategies. This session not only informed students—but inspired them to dream bigger and move forward with determination. Delivering an electrifying message, CCRAF Found- er and Director Mr. Ram Shur-

tives empower youth, nurture leadership, and spark positive social transformation. Co-Founder and Director Dr. Ganesh Narayan Choudhary highlighted the psychological and emotional strength students gain through regular career guidance, helping them remain focused, confident, and

Media Coverage

दैनिक
भास्कर

सवाई माधोपुर 13-01-2026

मानसिक स्वास्थ्य और तनाव प्रबंधन कार्यक्रम

बौली। चिकित्सा विभाग द्वारा संचालित राष्ट्रीय किशोर स्वास्थ्य कार्यक्रम के तहत राष्ट्रीय स्वास्थ्य मिशन, राजस्थान के सहयोग से सेंटर फॉर कम्युनिटी रेजिलिएंस एंड एडवोकेसी फाउंडेशन, जयपुर द्वारा राष्ट्रीय युवा दिवस के अवसर पर मानसिक स्वास्थ्य एवं तनाव प्रबंधन तथा प्रश्नोत्तरी प्रतियोगिता का सफल आयोजन टैगोर स्कूल बौली में किया गया। कार्यक्रम में विद्यालय के विद्यार्थियों ने उत्साहपूर्वक भाग लिया।

कार्यक्रम का शुभारंभ सीडी आरएफ के निदेशक डॉ. गणेश नारायण चौधरी ने किया। उन्होंने अपने संबोधन में किशोरों एवं युवाओं के मानसिक स्वास्थ्य को सशक्त और समावेशी राष्ट्र निर्माण की आधारशिला बताते हुए कहा कि संतुलित मन, सकारात्मक सोच, जीवन कौशल और भावनात्मक सुदृढ़ता ही शैक्षणिक उत्कृष्टता व खुशहाल जीवन की कुंजी हैं।

कार्यक्रम में राजकीय सामुदायिक स्वास्थ्य केन्द्र बौली से डॉ. मनीष मीणा ने मानसिक स्वास्थ्य के महत्व, तनाव के कारणों तथा उनसे निपटने के व्यावहारिक उपायों पर विद्यार्थियों का मार्गदर्शन किया।



सत्यार्थ न्यूज सच की आवाज

सुविचार
जितना सोचोगे उतना
बनोगे, इसलिए हमेशा
बड़ा सोचो

13th January 2026

सत्यार्थ
सच की आवाज

बौली

राष्ट्रीय युवा दिवस पर मानसिक स्वास्थ्य एवं तनाव प्रबंधन कार्यक्रम का आयोजन

प्रदेश मीडिया प्रभारी मुकेश मीना सत्यार्थ न्यूज

बौली: राष्ट्रीय किशोर स्वास्थ्य कार्यक्रम (RKSK) के तत्वावधान में, राष्ट्रीय स्वास्थ्य मिशन, राजस्थान के सहयोग से तथा सेंटर फॉर कम्युनिटी रेजिलिएंस एंड एडवोकेसी फाउंडेशन, जयपुर (CCRAF) द्वारा राष्ट्रीय युवा दिवस के अवसर पर मानसिक स्वास्थ्य एवं तनाव प्रबंधन तथा प्रश्नोत्तरी प्रतियोगिता का सफल आयोजन टैगोर सीनियर सेकेंडरी स्कूल, बौली (सवाई माधोपुर) में किया गया। कार्यक्रम में विद्यालय



के 170 विद्यार्थियों ने उत्साहपूर्वक सहभागिता की। कार्यक्रम का शुभारंभ CCRAF के निदेशक डॉ. गणेश नारायण चौधरी के मुख्य वक्तव्य से हुआ। अपने संबोधन में उन्होंने किशोरों एवं युवाओं के मानसिक स्वास्थ्य को सशक्त और समावेशी राष्ट्र निर्माण की आधारशिला बताते हुए कहा कि संतुलित मन, सकारात्मक सोच, जीवन कौशल और भावनात्मक सुदृढ़ता ही शैक्षणिक उत्कृष्टता व खुशहाल जीवन की कुंजी हैं। कार्यक्रम में राजकीय अस्पताल, बौली से डॉ. मनीष मीणा ने मानसिक स्वास्थ्य के महत्व, तनाव के कारणों तथा उनसे निपटने के व्यावहारिक उपायों पर विद्यार्थियों का मार्गदर्शन किया। मुख्य सत्र श्रीमती अनामिका चक्रवर्ती, परियोजना समन्वयक (Project Coordinator) द्वारा संचालित किया गया, जिसमें तनाव प्रबंधन, आत्म-देखभाल, भावनात्मक साक्षरता, सकारात्मक दिनचर्या एवं परीक्षा-तनाव प्रबंधन पर संवादात्मक गतिविधियाँ आयोजित की गईं। सत्र का कुशल संचालन एवं समन्वयन श्री दीपक आमेटा, मुख्य सलाहकार, CCRAF तथा श्री दिलीप सिंह गुर्जर, जिला परियोजना समन्वयक (NCD) एवं काउंसलर द्वारा किया गया। कार्यक्रम के सफल आयोजन में श्री आशीष, सोशल मीडिया एवं कम्युनिटी कोऑर्डिनेटर की महत्वपूर्ण भूमिका रही। उन्होंने कार्यक्रम के सामुदायिक समन्वय, युवाओं की सहभागिता बढ़ाने तथा जागरूकता संदेशों के प्रभावी प्रसार में सक्रिय योगदान दिया। कार्यक्रम के अंतर्गत आयोजित प्रश्नोत्तरी प्रतियोगिता में विद्यार्थियों ने सक्रिय सहभागिता करते हुए मानसिक स्वास्थ्य से संबंधित विषयों पर अपनी समझ का प्रदर्शन किया। अंत में विद्यालय के प्रधानाचार्य श्री राजेन्द्र शर्मा ने धन्यवाद ज्ञापन प्रस्तुत करते हुए सभी अतिथियों, आयोजकों, सहयोगी संस्थाओं, समन्वयकों एवं विद्यार्थियों का आभार व्यक्त किया। कार्यक्रम में दीपक एलटी, निशा यादव, एएनएम ने भी सक्रिय भूमिका निभायी। कार्यक्रम में यह संकल्प लिया गया कि विद्यार्थियों के समग्र कल्याण, सुशील एवं सफल शैक्षणिक जीवन हेतु RKSK के अंतर्गत नियमित मानसिक स्वास्थ्य जागरूकता सत्र, जीवन कौशल प्रशिक्षण, परामर्श सेवाएँ तथा अभिभावक-शिक्षक सहभागिता को निरंतर सुदृढ़ किया जाएगा, ताकि स्वस्थ युवा-सशक्त राष्ट्र के लक्ष्य को प्रभावी रूप से साकार किया जा सके।

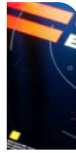
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ऊर्जा संकट शुरू, क्या दु



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Bodh Saurabh Web Team • 2025 • December 25, 2025



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राजस्थान | December 25, 2025 | Updated: December 25, 2025



ताजा खबरें



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