



### **‘Kabhi Khushi Kabhi Gham’ –Step towards building emotional resilience of students**

Prafulta Psychological Services celebrated the 3rd<sup>d</sup> year of Kabhi Khushi Kabhi Gham across 3 Don Bosco locations in Mumbai. This project is a venture to reach out larger audiences for emotional health.

Prafulta is a Don Bosco Organization that has been offering a variety of psychological services to people, especially children and adolescents for the past 18 years.

Our services aim to enable individuals live life to the fullest. One of the important contributors to effective and happy living is mental and emotional health. Over the years, there has been a great emphasis on intellectual development and perhaps on physical fitness too, but emotional health and development has largely been side-lined. Stressors are increasing in life, but the coping mechanisms are dwindling. Thus it becomes important to strengthen the emotional resilience of our children. Kabhi Khushi Kabhi Gham is a programme which endeavours to to build emotional resilience in children in a fun filled manner.

One important contributor to effective and happy living is emotional health. Over the years, there has been a great emphasis on intellectual development and perhaps also on physical fitness. But emotional health and development has largely been side-lined. Today stressors in life are increasing, but coping mechanisms are dwindling. Hence it becomes important to strengthen the emotional resilience in our children. Kabhi Khushi Kabhi Gham is a programme that endeavours to build emotional resilience with large audiences of children and parents.



The 1<sup>st</sup> KKKG 2017 took place at Don Bosco, Institute of Technology, Kurla (our 1<sup>st</sup> time at this location) on the 15<sup>th</sup> of January. 420 students of Class 5, 6 and 7 came from 21 different schools to celebrate this 'Festival of Feelings'. They first sat in groups on the open grounds to draw/paint/write on their feelings. A counsellor helped them to first choose a difficult emotion like anger, fear, sadness or any other. After feeling that emotion, they expressed it on paper. Along with one difficult emotion, they also got in touch with the feeling of 'joy' and again expressed it on paper. Students then attended a workshop on 'Handling Difficult Emotions'. While the children were busy enjoying and learning about emotions, their parents had an hour's interaction with psychologists on "Effective Parenting".



The 2<sup>nd</sup>KKKG event was held at the Dominic Savio, Andheri on the 22<sup>nd</sup> of January. Here we had 390 students and their parents from approximately 21 schools again from around the same location. The finale was on the 29<sup>th</sup> of January at Don Bosco, Matunga where 421 students and their parents from 30 schools participated in the event.

And so, across 3 different locations, we reached out to more than 1230 students and their parents from around 70 schools in Mumbai. We believe that helping children understand how to handle their feelings, they will cope with many difficult situations especially in the tough times they live today. Anger and jealousy often leads to violence and not knowing how to cope with sadness makes children withdraw into a shell. KKKG gave children a handle on how to go about tough feelings and difficult situations.

Parents are also at a loss not knowing how to handle their children with the over-stimulation of the media and the competitive environment we live in today. This programme gave them a platform to voice their confusion and receive assistance from trained psychologists on how to handle issues related to children.



We hope to continue such outreach programmes with every school and every child in Mumbai.

This programme was made available free of cost. Fr Godfrey, the Director, and Ms. Shalu Mehrotra, senior psychotherapist at Prafula, led a team of 50 trained counselors along with an enthusiastic group of students from St. Xavier's and MD Shah Mahila College to spread awareness on the importance of emotional and mental health.

