

'Kabhi Khushi Kabhi Gham'

a step towards building emotional resilience in students



For the 2nd year in succession, Prafulta Psychological Services organized Kabhi Khushi Kabhi Gham– a 'Festival of Feelings' - across 3 Don Bosco Institutions in Mumbai. Prafulta has been offering a variety of psychological services for the past 17 years, focusing especially on children and adolescents. These services are aimed at enabling individuals live life to the fullest.

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 1st KKKG 2016 took place at Dominic Savio High School, Andheri on Jan. 10. 320 students of Class 5, 6 and 7 came from 14 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 2ndKKKG event was held at the Don Bosco International School, Matunga, on Jan. 16. Here we had an amazing number of 514 students and their parents from approximately 20 schools around the location. The finale was on Jan. 17 at Don Bosco, Borivili where 200 students and their parents from 15 schools participated in the event.

And so, across 3 different locations, we reached out to more than 1000 students and their parents from around 50 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 30 trained counselors along with an enthusiastic group of students from St. Xavier's College to spread awareness on the importance of emotional and mental health.