



NewMorning Trust Newsletter

December 2024 - June 2025

WELCOME BACK!

We're delighted to bring you the second edition of the New Morning Trust newsletter, reflecting our journey from **December 2024 to June 2025**. From scaling programs across new partner schools to developing fresh training modules, it has been a season of learning, impact, and growth.



ONE YEAR. QUIET STEPS.
LASTING IMPACT.

March 2025 quietly marked one year since New Morning Trust was officially registered — a moment of quiet pride for our team. Without fanfare, but with deep reflection, we looked back at months filled with meaningful sessions, new partnerships, evolving programs, and real connections with children and communities. In these past months, we expanded our reach across schools and NGOs, piloted new modules on emotional well-being, and deepened our role as

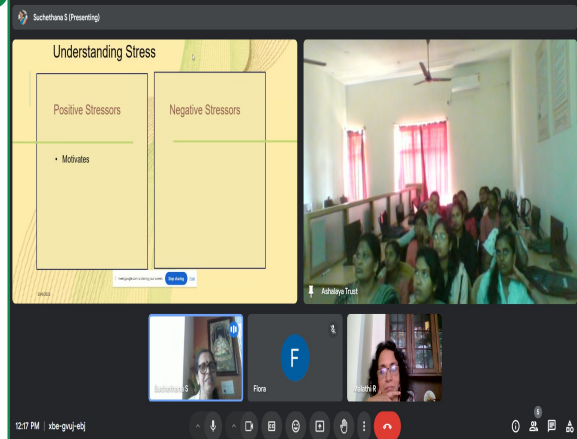
"Every sunrise is an invitation to brighten someone's day."

OUR EXISTING PARTNERS

ASHALAYA TRUST & FOSTER HOME

Building Inner Strength and Social Skills

Focused group sessions encouraged children/young adults to reflect on emotions, understand how to manage emotions, and various life skills required to better cope with situations in their lives. Through structured activities and open sharing, students began participating enthusiastically.



AARAMBH FOUNDATION (TEKAL SCHOOL)

Guiding Youth Towards Self-Belief

Sessions combined group discussions and interactive methods to understand digital wellness and safety and explore career paths. We also started 1:1 counselling sessions with the students at Tekal.



BUILDING BLOCKS INDIA

Planting Seeds of Possibility

Focus was on emotional awareness, leadership and team work, enhancing communication skills, career clarity, and collaborative activities for high school students.



GUBBACHI (GLC)

Creating Safe Spaces for Expression

Life skills sessions focused on emotional regulation, social awareness, and cooperation. Activities helped children connect and participate with growing trust and confidence. One on One counselling was done for those in



OUR NEW PARTNERS

GRAMANTARA TRUST: RURAL EDUCATION & DEVELOPMENT



Through a career awareness session at a rural residential school, New Morning helped students explore a range of professional and vocational opportunities beyond the limited paths they were familiar with. Using role plays, interactive discussions, and practical guidance delivered in Kannada, the session made space for students to express their dreams and doubts freely. The students engaged enthusiastically, with many voicing aspirations to serve society in impactful ways. While resource constraints were evident, the energy and clarity they showed reminded us of the vast potential in rural communities. The experience strengthened our resolve to continue guiding young minds toward meaningful futures.

OUR NEW PARTNERS

Servicing GHPS, Kodathi Through GLC



Our life skills sessions at GHPS Kodathi, in partnership with Gubbachi Learning Community (GLC), engaged students from Classes 4 to 8 in exploring emotions, beliefs, and values. Grouped by language proficiency, the children participated in energizing icebreakers and hands-on activities that built connection and encouraged reflection. Their intelligence and enthusiasm were evident throughout, especially in the way they absorbed concepts and shared their thoughts. The sessions laid a strong foundation for continued engagement, and we look forward to deepening this collaboration in the months to come.

“Together, we build brighter tomorrows.”

TCS TRAINING PROGRAM



NewMorning team conducted a session on Leadership skills, Problem solving skills, Goal setting and imbibing ACT (Accept, Choose, Take action). Two faculty members from Chicago school of Psychology as part of TCS (The Community Solutions) who had created the content attended the session to understand the changes made by NewMorning to suit the students of Building Blocks India.

The faculty appreciated the changes done, enjoyed attending the session and told us that they have something to learn from



OUR NEW EMOTIONAL WELL BEING CURRICULUM

With the new academic year underway, New Morning has introduced a comprehensive Emotional Well-Being Course designed to help students strengthen their inner resilience and social connections. The course includes five engaging modules covering:

- **Self-awareness**
- **Self-regulation**
- **Social skills**
- **Relationships and empathy**
- **Positive thinking, growth mindset and self-care**

Each module blends activities, games, and storytelling to make learning meaningful and fun. The journey has already begun at Building Blocks, where students of Classes 9 and 10 participated enthusiastically in the five modules conducted in June-July.



SKILL ENHANCEMENT PROGRAMS FOR NEWMORNING TEAM

SESSION ON - DEVELOPMENTAL CHANGES IN ADOLESCENTS

Led by Dr. Ashwini from Muktha Foundation, this engaging session explored the psychological, emotional, and social shifts adolescents undergo. Topics included identity development, emotional intensity, peer influence, and the link between brain growth and decision-making. Participants learned to spot early signs of distress and gained practical strategies for communication, trust-building, and supporting adolescents through challenges. Dr. Ashwini, a specialist in trauma-informed care and child psychology, shared valuable real-life insights, emphasizing empathy and cultural sensitivity in working with youth.

The New Morning team found the session deeply informative and highly relevant to their work. It expanded their understanding of adolescent behavior and offered practical tools for supporting students. Dr. Ashwini's clarity and relatable examples made complex ideas easy to connect with daily practice.

SESSION ON - EMPOWERING YOUNG MINDS

In this session, Ms. Priyadarshini guided the team on effectively engaging groups of children in a classroom setting while maintaining order and connection. She shared practical techniques for capturing attention, managing children's energy levels, and creating a safe space for open discussions. The session emphasized balancing structure with empathy, and adapting facilitation styles to meet different emotional and developmental needs. It provided valuable tools for making life skills sessions both impactful and smoothly managed.

VOICES THAT INSPIRE



"You and your team needs special commendation for selflessly taking on our students. I got to know how powerful the session was. A BIG THANK YOU on behalf of all my students. You are doing something that will stay with them for a life time."

- Mr James Ambat, Building Blocks India

"The NewMorning team has been visiting our school since last two years. Their visits are god's gift for us. We can buy food house or land but we cannot buy peace of mind. The NewMorning Team coming all the way from Bangalore to our remote village is a God sent gift to our school. We are truly blessed . Their efforts in trying to make this visit is not that easy as each one of them stays in different locations. Malathi Mam and Suchathana mam take all the troubles to make this visit possible. Our children are truly benefited by the visits and the sessions day. Anything you need from them, they are ready to help. We have noticed good results in our children. I request them to continue their association with us for many more years. The students have got 70% pass percentage and it appears to be a substantial jump from the past year which was 56% it seems. Which is very good. Our students have mentioned that they wanted to thank NewMorning counsellors too. We appreciate the effect of Your sessions on the students"

- Mr Swamy, Tekal School

Our children have demonstrated slight improvement in emotional control and session participation. Some children showed increased confidence in asking questions and sharing feelings- Notable improvement in health and hygiene practices.

- Kodathi, GHPS

We wish NewMorning grows from strength to strength- your empathy and sensitivity as a team is amazing and is comforting to us on the grounds. Here is to a fruitful relationship together. Cheers!

- Mrs Preethy Rao, Gubbachi



"Light tomorrow with today."

ACKNOWLEDGEMENTS

We extend our heartfelt gratitude to our donors:
Kavya Sachin, Nanda Kumar and Shreya Rao

OUR REACH THIS SEASON

43

Number of life skills sessions held

25

Number of students who have undergone counselling

346

Number of students who have undergone life skills sessions

1

Number of career counselling group sessions held

68

Number of counselling sessions held

58

Number of students who have undergone career counselling

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"Helping one child might not change the world, but it could change their world."