

STEADY STEPS. DEEPER IMPACT.

We're delighted to bring you the third edition of the NewMorning Trust newsletter, reflecting our journey from **July- December 2025**. Creating safe spaces for emotional well being, life skills and growth among children and adolescents from under- resourced communities, we are happy to have come a long way.



Our Team Building Session



Visit to Tekal School

Visit to Gubbachi



Between July and December 2025, NewMorning Trust continued its journey of supporting the less privileged children and adolescents through counselling, life skills training, and career guidance. This phase was marked by deeper partnerships, thoughtful expansion, and sustained engagement with communities that need it most.

As we move forward, NewMorning Trust remains committed to deepening counselling interventions, strengthening life skills curricula, and expanding access to safe spaces. Together, we continue to turn care into action — one child, one session, one morning at a time.

“Every sunrise is an invitation to brighten someone’s day.”

OUR PARTNERSHIPS AND PROGRAMS

ASHALAYA TRUST & FOSTER HOME

Life skills sessions for vocational students and foster home children, focusing on anger management, communication and emotional regulation.

AARAMBH FOUNDATION (TEKAL SCHOOL)

Two visits to Tekal school and continued online engagement through counselling and career oriented discussions

BUILDING BLOCKS INDIA

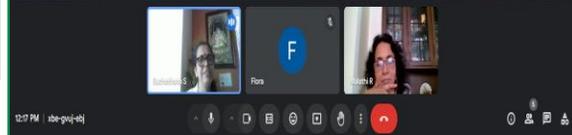
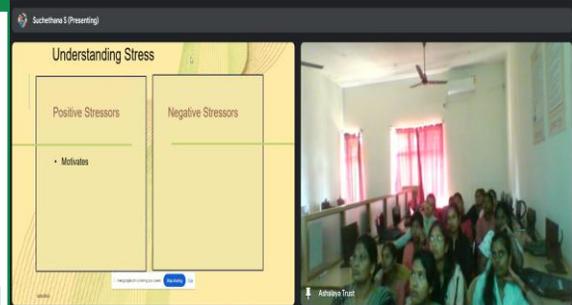
We successfully completed the first structured program on Emotional Well Being with strong student participation.

GRAMAANTARA

Conducted sessions on career awareness and guidance in two schools supported by Gramaantara, in Chikaballapur.

GUBBACHI (GLC)

Continued individual counselling and completed group therapy for two batches, supporting children with behavioural and emotional challenges.



OUR NEW PARTNERS

MAKKALA JAGRITI



NewMorning is providing counselling and life skills training to students at their Valluvarpuram and Avalahalli community centres.

SAMRIDHDHI TRUST

NewMorning is providing counselling and life skills training to the students supported by Samridhdhi who have been integrated into the mainstream at Suma Public School.



"Dreams grow where hope is planted."

OUR NEW PROGRAM OFFERINGS

EMOTIONAL WELL-BEING



SUBSTANCE ABUSE



Our five-part **Emotional Wellbeing** course was well received by the 9th and 10th grade students of Building Blocks. The teachers and coordinators who participated also found the sessions very useful.

In collaboration with the Academy of Theatre Arts, Bangalore Little Theatre (BLT), we introduced sessions on **Substance Abuse** aimed at helping adolescents understand risks, peer influence, and healthier coping mechanisms. These sessions were conducted at two centres of the Gubbachi Learning Community by Vijay Sharma from Academy of Theatre Arts, BLT. The sessions were engaging, thought-provoking, and highly interactive, and were greatly appreciated by both the students and the Gubbachi management team.

SKILL ENHANCEMENT FOR NEWMORNING TEAM

SESSION ON – GENDER IDENTITY AND SEXUAL ORIENTATION

The NewMorning team participated in skill enhancement sessions, including a session led by Mr. Sridhar Mandyam on Gender Identity and Sexual Orientation, strengthening inclusive counselling practices. We thank Mr. Sridhar for his valuable inputs on the subject.

“Teaching minds. Touching hearts. Transforming lives”

VOICES THAT INSPIRE

“NewMorning Trust counsellors are crucial in ensuring our students' success with programs in mental health and wellness, stress management and reducing stress anxiety.”

- Nalini Gangadhar, Founder, Educate to Empower e-Academy, Building Blocks India

“We are happy that individual counselling has been well utilized by Avalahalli youth and the group session was very effective. Things are going very well. Looking forward to upcoming months”

- Ramya Natarajan, Makkala Jagriti

“Thank you so much for all your efforts. God Bless You All. I am sure the children benefitted a lot.

- Krishna Kumar, Founder, Aarambh Foundation

“The students have appreciated the sessions on life skills conducted by NewMorning and how sessions like Anger Management, Goal Setting, Communication, etc. are helping them not just in enhancing their course learning but also in managing their relationships at home with family also.”

- Ashalaya Trust

“This is our second year of working with the NewMorning team and we are grateful to them for bringing in compassion and expertise to us and the children who need it the most. We work with children from under-resourced backgrounds with multiple socio-emotional problems. The team of NewMorning helps us wend through those complexities with their experience. It helped our children and teachers greatly to manage children at risk.”

- Preethy Rao, Co-Founder, Gubbachi Learning Community

“Light tomorrow with today.”

ACKNOWLEDGEMENTS

We extend our heartfelt gratitude to our donors:

***Dr. Baiburiya Bhattacharya, Ms. Lata Rai, Mr. Vijay Sharma,
Mr. Projesh Kumar Mullick***

OUR REACH THIS SEASON

50

Number of life skills sessions held

96

Number of students who have undergone counselling

285

Number of students who have undergone life skills sessions

5

Number of career counselling group sessions held

195

Number of counselling sessions held

214

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."