

The Bishop's School, Camp

Junior School

A Report on International Happiness Day

2023-2024

Theme:-Be Mindful Be Grateful Be Kind

There is no path to happiness. Happiness is the path.

Happiness is a state of mind which comes from within. To emphasize the importance of happiness in life, the **International Day of Happiness** is observed globally on March 20th every year. The day is celebrated to promote the importance of happiness, well-being and mental health in our lives. The theme for the year 2023 International Day of Happiness was "Be Mindful, Be Grateful, Be Kind".

We at the Bishop's School, Camp Junior Section celebrated **International Happiness Day on 20th March 2023**. Students were informed about the importance of the International Happiness Day during the morning assembly. Fun filled activities were planned for our students of classes 1 to 5. Children were shown Power Point Presentations and a short talk was given too. Students were also shown 'Piper – A story of true happiness' an Oscar winning animated short story.

1. Students of class 1 and 2 were enthusiastically engrossed in making the smiley faces. Teachers gave them a cut out to each and they thoroughly enjoyed making smiling faces.
2. The students of classes 3 to 5 made greetings cards for their desk partners complimenting them.

These activities kept our boys creatively engaged and they whole heartedly involved themselves in these activities.

We can proudly say that we did manage to raise awareness among our students on the value of happiness in one's life

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