



MAHARAJA AGARSAIN PUBLIC SCHOOL

a Cambridge International School

Ashok Vihar, Phase-IV, Delhi-110052

DATE: 1st May -10th May

OBJECTIVES-1) to stimulate good mental health, character and resilience
2) to strengthen the foundations of happiness and well-being.

Happiness Week

Happiness is multiplied when shared with others. Life is complex and often difficult to understand, and we need the self-awareness, confidence, and social-emotional skills to navigate it. We need young people who are emotionally stable, focused, and who contribute.

The Cambridge wing of Maharaja Agarsain Public school celebrated Happiness week from 1st of May to 10th of May with an aim to train the young minds to be happy, confident and content human beings.

The week started with Mindful Monday in which the students were encouraged to meditate and build a stronger connection with their emotions and feelings, followed by kind Wednesday where they cooked some delicious meal for their friends and shared it with everyone to kindle the spirit of kindness through sharing food. On Respectful Thursday, students introspected about their behaviour in different situations, on Friday students contributed with a smile to help their friends who were not as privileged as them. The last day of happiness week was celebrated as Grateful Tuesday. Our students know the value of being thankful to someone who has done something really important for them and hence they made beautiful cards for their teachers as a thank you note. Students learnt that experiencing positive emotions is important because it is good for our life and health. And it is not about negating difficult emotions or downplaying them.

