

The Bishop's School, Camp

JUNIOR SCHOOL

A Report on International Happiness Day

2022 – 2023

Happiness is a state of mind which comes from within, and one can derive happiness by indulging in favourite or even little things that bring you joy. To emphasize the importance of happiness in life, the International Day of Happiness is observed globally on March 20th every year. The day aims to create awareness about the importance of happiness in one's life and the overall impact it can have on an individual's well-being. From a pandemic to war, the world is currently facing unprecedented challenges and it is more of a reason for us to celebrate every speck of happiness we have in our lives.

We at the Bishop's School, Camp Junior Section celebrated the International Happiness Day on 21st March 2022. During assembly our children of classes 1 to 5 were briefed about the importance that this day holds. Fun filled activities were planned and executed for our lads of classes 3 to 5 where they were given colourful sheets of paper and they had to pen down the reasons they are happy for and things they are grateful for. They then folded the paper and put it in the happiness jar.



The teacher then read out a few of them to the class. In the next activity a worksheet was given to each child and they had to list

- a) Things or activities that boost them
- b) List beautiful things about themselves
- c) Name the people who support them.

These activities kept our boys engaged and they thoroughly enjoyed during these activities.

Since 21st March is celebrated around the world as International Day of Forests our children were also briefed about the importance of this day, and they also pledged to value and preserve our forests.

The pledge taken during assembly was as follows -

‘We the students of The Bishop’s School pledge to save trees. We promise to plant saplings and be their guardians to make our planet green and sustainable’.

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

Ms. Gwendeline Henriques
Assistant Teacher – Class 2



Enjoying the little moments



Every happy memory created for our children is another treasure of a lifetime.



May the innocence in their smiles and the purity of their hearts stay forever unfaded.



We keep the love in these photographs, we made these memories for ourselves where time is forever frozen still.
