

HAPPINESS CLASS

Empowering Happy, Resilient, and Life-Ready Learners

"हर बच्चा खुश रहे, हरदिन तनावमुक्त रहे -
जब स्कूल में हो हैप्पीनेस की क्लास"



"Every child deserves to feel happy and stress-free – every single day."

What's Inside Happiness class



(Mindfulness)

Breathe
Relax
Focus



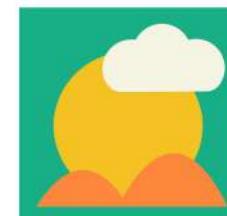
(Circle Time)

Listen
Share
Care



(Reflection Journals)

Think
Reflect
Write



(Emotional Awareness)

Feel
Understand
Express



(Happy Culture)

Smile
Shine
Connect

INSPIRED BY A POWERFUL INITIATIVE

The **Happiness Curriculum** at Shree Vidya School is inspired by the widely appreciated initiative started by the **Delhi Government**. It has shown that happiness in school is not just nice to have – it is essential for a child's growth, confidence, and well-being.

We believe that learning is most meaningful when children feel safe, calm, and connected. That's why we have made the Happiness Curriculum a regular part of our school life.

"खुश रहने की आदत डालना, जीवन भर का सबसे अनमोल पाठ है।"



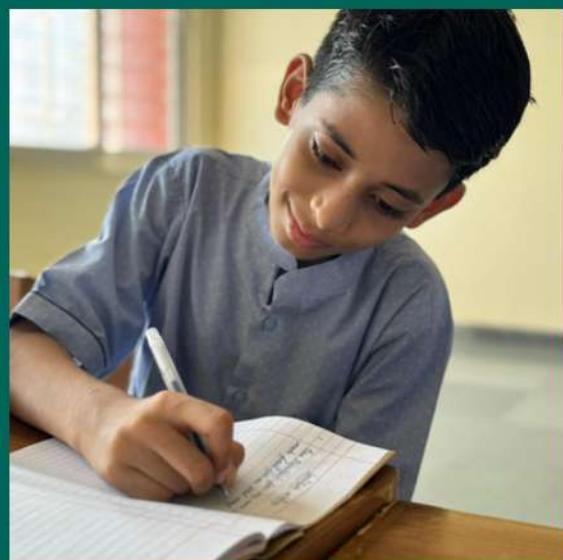
WHAT IS THE HAPPINESS CURRICULUM?

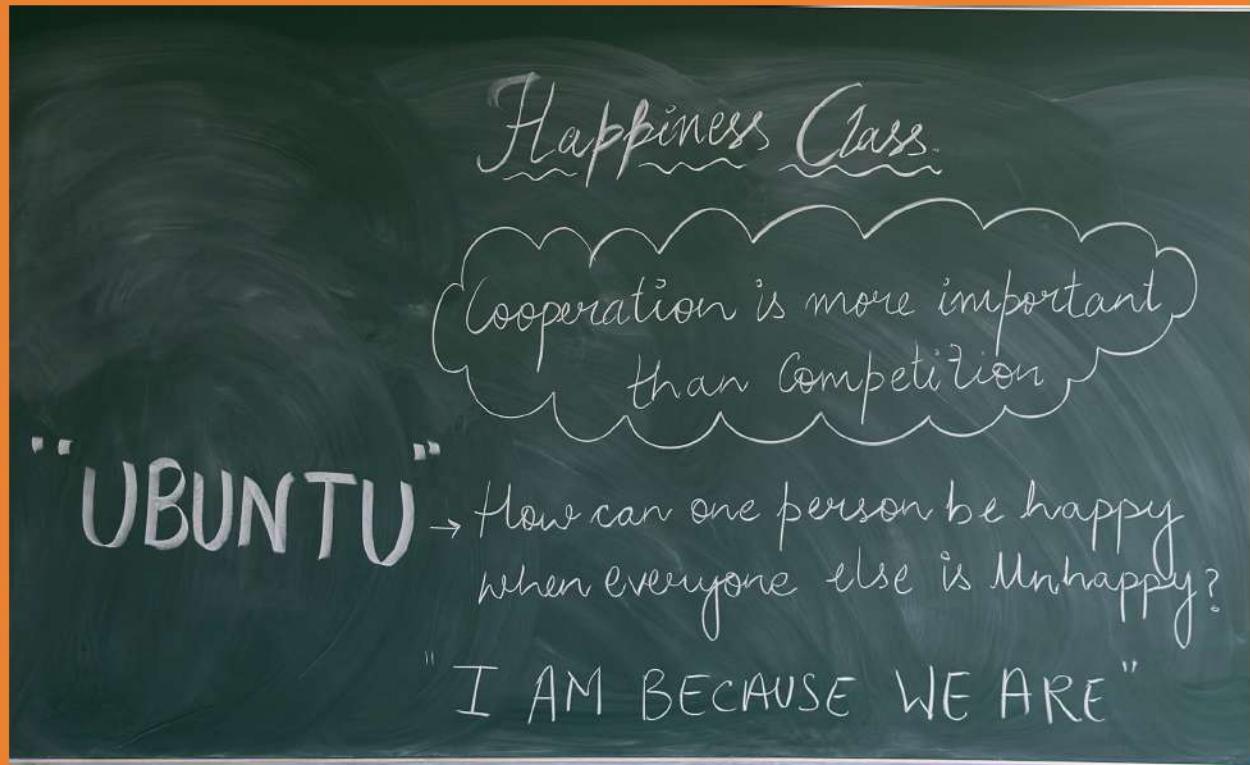
In today's fast-moving and competitive world, children often feel pressure, stress, or emotional confusion. While subjects like Math, Science, and English help children think better, the Happiness Curriculum helps them feel better.



IT HELPS CHILDREN DEVELOP:

- **Mindfulness** – learning how to focus and stay calm
- **Self-awareness** – understanding their own emotions
- **Empathy and kindness** – caring about others
- **Positive thinking and reflection** – making sense of their experiences
- **A sense of belonging** – feeling safe, supported, and accepted





SO THINK ABOUT IT – “DO YOU WANT TO DO SOMETHING TO BE HAPPY, OR YOU WANT TO DO SOMETHING WHILE YOU ARE HAPPY?”

This simple question lies at the heart of our Happiness Curriculum. When children start from a place of inner joy and calm, everything they learn becomes more meaningful and lasting.

Our Goals at Shree Vidya School



EMOTIONAL AND MENTAL WELL-BEING

- Teach children how to calm their minds and manage stress
- Encourage emotional growth through mindfulness and reflection



CONFIDENCE AND COMMUNICATION

- Build self-confidence through storytelling and real-life conversations
- Foster positive expression and active listening skills



CREATING A POSITIVE CLASSROOM ENVIRONMENT

Support our teachers' well-being so they can model calmness, empathy, and positivity — building classrooms where every child feels safe, happy, and ready to learn.

"जब बच्चा अंदर से खुश और तनावमुक्त होता है, तभी वह सच में खुशी को समझ पाता है – यही है Happiness Class का उद्देश्य।"



How We Make It a Part of School Life

We do not treat Happiness as a separate subject. Instead, we include it in many parts of the school day:

- Storytelling sessions that teach life lessons**
- Mindfulness practices like simple breathing or quiet reflection.**
- Circle Time where children share how they feel and listen to each other.**
- Reflection journals for writing thoughts and emotions.**
- Value-based lessons that include honesty, compassion, and gratitude.**





A SCHOOL WHERE HAPPINESS IS A HABIT

At Shree Vidya School, happiness is not once a week – it's part of everyday learning:

- **Morning assemblies start with thankfulness and mindfulness**
- **Teachers manage behavior through understanding, not punishment**
- **Children learn to solve conflicts by talking and listening**
- **We celebrate kindness, small achievements, and efforts**
- **Teachers attend wellness sessions to stay calm, balanced, and positive**

OUR PROMISE TO PARENTS



**At Shree Vidya School,
every child is seen, heard, valued
— and happy.**

**we're not just preparing students
for exams —**

We're preparing them for life.

**"पढ़ाई के साथ ज़िंदगी
जीने की समझ देना ही
हमारी सच्ची शिक्षा है।"**

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