

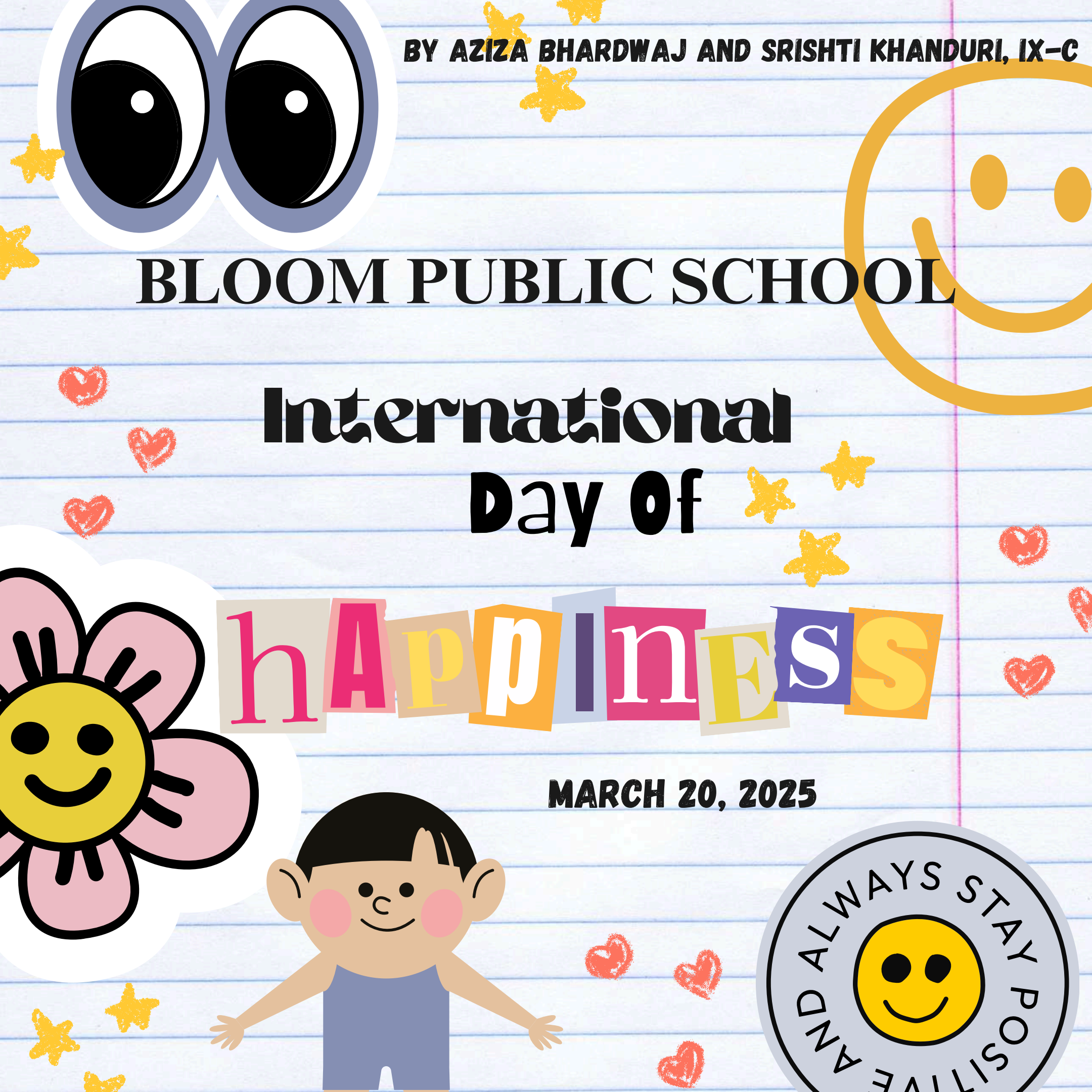
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BLOOM PUBLIC SCHOOL

**International
Day of**

hAPPINESS

MARCH 20, 2025



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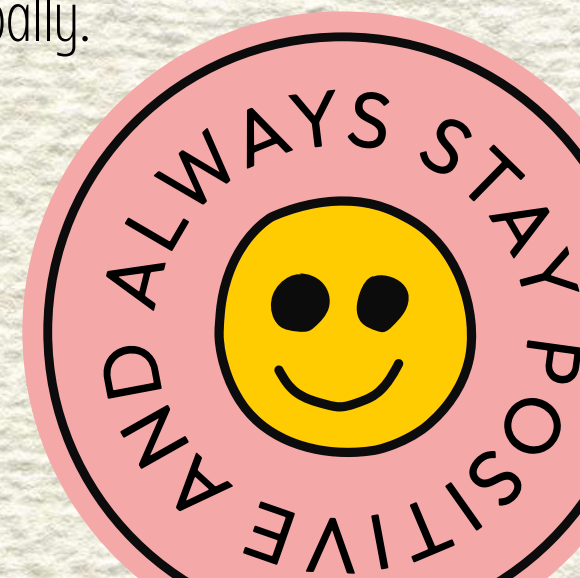
1. HISTORY AND SIGNIFICANCE:

International Day of Happiness, celebrated on March 20th each year, was established by the United Nations (UN) in 2012. The day is a global initiative aimed at recognizing the importance of happiness in the lives of people around the world and encouraging efforts to create a more equal, sustainable, and compassionate world.

In 2012, the United Nations General Assembly adopted Resolution 66/281, declaring March 20th as the International Day of Happiness.

The first International Day of Happiness was celebrated in 2013, and this day has become a global movement. Each year, the UN encourages governments, organizations, and individuals to share initiatives that promote happiness. Along with the celebration, the UN has introduced the World Happiness Report, it is released annually and helps measure global well-being.

Each year, the International Day of Happiness has a specific theme. The theme varies to address different aspects of happiness and well-being, such as mental health, social connections, and sustainability. The overall goal is to inspire individuals and societies to prioritize happiness, live more mindfully, and create more positive environments globally.



2. WAYS TO SPREAD HAPPINESS IN SCHOOL:

Schools are necessary to provide children with inclusive, and positive surroundings. The following measures can be taken in schools to promote happiness and the child's well-being:

1. Celebrate local and national festivals such as Diwali, Holi, Eid, Christmas, and others together with joy and enthusiasm.
2. Encourage small acts of kindness, like helping a classmate with their homework, or sharing lunch. Create random acts of kindness challenges, like assisting teachers with classroom chores, which can spread positive energy throughout the school.
3. Set up a Buddy System where senior students are assigned to help and guide new students in settling in the school.
4. Praise and appreciate students for their efforts, not just their achievements. This can include giving out certificates or small rewards for good behavior, efforts in class, and even helping others.



3. MENTAL WELL-BEING AND POSITIVITY:

In today's time, there is a strong emphasis on one's mental health and well-being. Below are listed a few reasons why mental health and well being is so important in today's time:

1. Enhanced Productivity: When individuals feel positive and content, they are more motivated, focused, and efficient in their tasks, both academically and in daily life.
2. Better Relationships: Positivity fosters empathy, kindness, and communication, which strengthens relationships with peers, teachers, and family members.
3. Physical Health Benefits: A positive mindset is linked to improved immune function, lower blood pressure, and reduced risk of chronic diseases, contributing to overall better health.





4. GLOBAL CELEBRATIONS AND CULTURAL PERSPECTIVES:

1. The UN plays a central role in promoting International Happiness Day. Every year, the UN holds events, discussions, and social media campaigns to raise awareness about the importance of happiness and well-being. The UN also releases the World Happiness Report, which ranks countries based on factors like income, social support, and life expectancy.
2. Various countries host the World Happiness Festival around the time of International Happiness Day. The festival includes workshops, speakers, and events that focus on mental well-being, positive psychology, mindfulness, and creating happy communities.
3. On March 20th, various organizations, influencers, and individuals use social media platforms to spread messages of positivity and happiness. Hashtags like #International Day of Happiness and Choose Happiness are often used to share inspiring stories, well-being tips, and uplifting content.
4. Many places organize concerts, dance performances, and cultural events that celebrate happiness, joy, and togetherness.

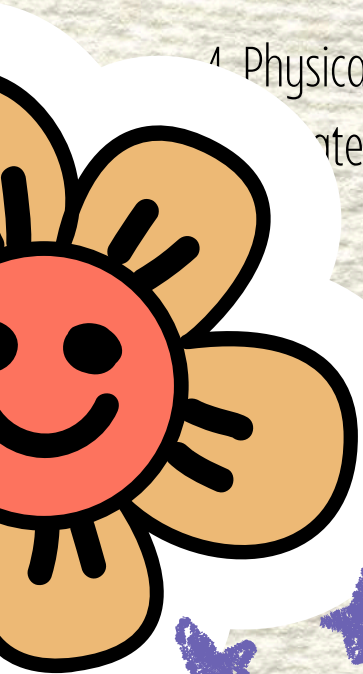


5. THE SCIENCE OF HAPPINESS:

The science of happiness, also known as positive psychology, is the study of what makes people feel fulfilled, content, and emotionally well. It goes beyond just focusing on the absence of negative emotions or mental health issues and instead seeks to understand the factors that contribute to living a happy, meaningful life. It combines aspects of psychology, neuroscience, and sociology to explore how different elements of life impact our well-being.

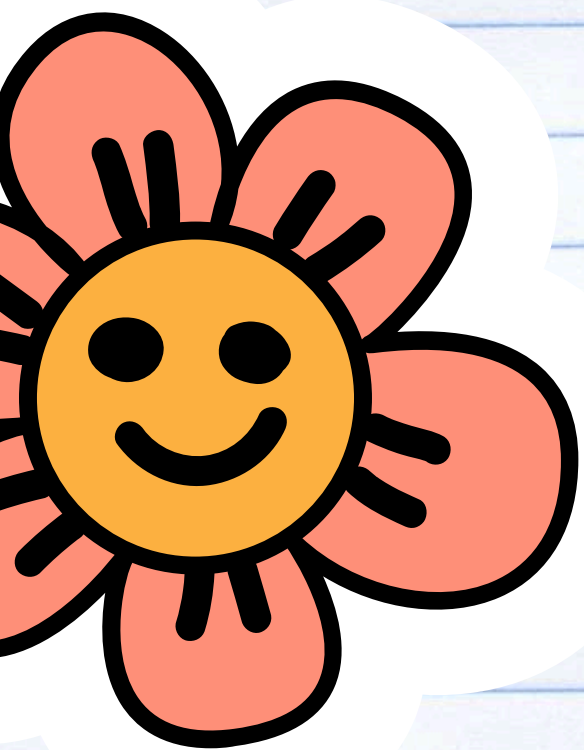
Here are some major factors of the science of happiness:

1. Flow, a concept introduced by psychologist Mihaly Csikszentmihalyi, refers to the state of complete immersion and enjoyment in an activity. Achieving flow in daily life—whether through work, hobbies, or creative pursuits—can significantly improve happiness levels.
2. Acts of kindness and compassion also contribute to happiness. Helping others not only improves their well-being but also increases our own sense of purpose and joy.
3. Positive thinking and maintaining an optimistic outlook on life can improve resilience and reduce stress. Research suggests that re-framing negative thoughts and focusing on opportunities instead of setbacks can help build a more positive mindset.
4. Physical well-being plays a significant role in emotional health. Regular exercise, good nutrition, and adequate sleep are important for maintaining high energy levels, reducing stress, and boosting mood.



Words from the editor

This newsletter brings an important message about International Happiness Day, reminding us of the value of happiness in our lives. It highlights how simple acts of kindness, gratitude, and positive thinking can make a big difference. While working on this edition, I've learned many new ideas about what contributes to happiness and how we can share it with others. We hope this newsletter gives you valuable insights into the topic and inspires you to find joy in your own life.



Thank
you!

