

Happiness Activity Session (2025-2026) April Month

Topic: Mindfulness Section

Activity:

Mindfulness section-understanding breathing, Collaboration, Mindful Listening, Understanding happiness & introduction to mindfulness.

Learning objective

The students were able to :

1. do the activities
2. express themselves
3. explain their role in society
4. observe natural things in their surroundings

They participated enthusiastically and were very happy to be involved in the activities.

Description of the activities:

The students were enthusiastic about the activities, showing great interest and active participation. They attentively listened to the stories shared by their classmates and confidently came forward to share their own stories as well.

Class 1 : Mindfulness section- Understanding breathing

Understanding breathing through mindfulness helps anchor our awareness to the present moment, calming the mind and body. By observing each breath, we create space for clarity, focus, and inner peace



Class 2 : Collaboration

The mindfulness session with collaboration encouraged students to stay present while working together harmoniously. It fostered a sense of unity, active listening, and mutual respect among participants.



Class 3: Mindful Listening

Mindful listening means giving full attention to the speaker without interrupting or judging. It fosters deeper understanding, empathy, and stronger communication.



Class 4: Mindful Listening , Understanding Happiness

Mindful encourages us to be fully present, which enhances our ability to listen deeply and without distraction. Through mindful listening, we cultivate understanding and empathy, leading to a deeper awareness of true happiness from within.



Class 5 : Introduction to Mindfulness

Mindfulness is the practice of being fully present and engaged in the current moment, aware of your thoughts, feelings, and surrounding with judgement.

So these are the glimpses of how our students enjoyed during the activities and how beautifully they have participated



