



# Bal Bharati PUBLIC SCHOOL

Sector-14, Rohini, Delhi



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## From The Principal's Desk



**"Creativity is Intelligence having fun."**

**- Albert Einstein**

Creativity, one of the four pillars of the 21st Century Skills is indeed the most essential to develop a perspective and hone the right expression. It guides an individual onto the path of an innovative outlook while resolving new solutions for the problems of the future. In tandem with the guidelines of NEP 2020, BBPSRH has unleashed the creative expression of students to bring out an absolutely delightful amalgamation of creativity and happiness in this edition of Sagarika: Newsletter.

This edition seeks to provide a platform to the innate talent of our young and creative expressionists, to let them wield their pens and generate visions of the most important and the most natural human emotion - Happiness. While dealing with different genres of writing, our students have engaged in a form of self-exploration and thereby gathered more independence and assertiveness to their purpose of education.

I hope it brings you an equal happiness to read through every happy piece of creativity.

**Geeta Gangwani**  
(Principal)



## From The Vice Principal's Desk



"There is no doubt that creativity is the most important human resource of all. Without creativity, there would be no progress, and we would be forever repeating the same patterns."

**-Edward De Bono**

Creativity is the most sought-after skill not just in the school but at all places and at all levels. It is believed that creativity probably has all the answers to human questions and worries and probably, can solve all the problems faced by the world today. What creativity rings on the table is not just another perspective but also another expression- an innovative interpretation of repeated patterns. That's why National Education Policy, 2020 lays so much emphasis on including creativity in all spheres of classroom.

At Bal Bharati Public School Rohini, our endeavour is to encourage all expressions of creativity. Whether it is a performing art form or a creative one, we strive to provide as many platforms as possible for students to showcase it and hone it. Our creative e-newsletter is also a creative expression and showcasing the literary talent of our children. The school organises annually a creative writing activity in the entire school where student voice their own thoughts on the provided topic/ theme. The umbrella theme for the release was - Happiness and there were some specific sub topics that were to be experimented with words. I am elated that children come up with so many interesting analogies, beautiful expressions and amazing poems.

We sincerely hope that you enjoy going through the pages as much as we did while compiling and designing it.

Happy Reading.

**Bandhana Sharma**  
(Vice Principal)



## From The Headmistress Desk



**"There's no path to happiness: happiness is the path."**

**- Gautam Buddha**

Happiness is the sense of joy, well-being and contentment. Happiness is something that people seek to find, yet what defines happiness can vary from one person to the next.

For children, Happiness is about being nice and spreading love all around the world. When a family is playing and engaging in fun activities, it makes their hearts sing and gives them that inner glow feeling. Being one with nature and forming a connection with the environment, stimulates and supports learning. With this thought in mind, creative writing activity was planned to give the young minds a platform to express their views on what does 'happiness' mean for them. The activity not only engaged the learners in a constructive way but also developed their power of expression through writing.

Through this e-newsletter, we bring to you the commendable work done by our students. The enthusiastic participation has facilitated in honing their writing skills.

**Alka Chadha**  
(Headmistress)





## HAPPINESS



An inner happiness abode in all  
A sense of universal harmonies,  
Because happiness is a memory  
It exists because at the same time the reverse is also true  
Happiness will seep in through that tiny little opening in your  
window just like rays of sun in your garden.

I am so HAPPY to help others

Every day we must try

To make at least one

Person happy,

THAT IS MY REAL HAPPINESS TO HELP OTHERS AND MAKE THEM HAPPY



**Avika**

**V-A**

*The secret of being **HAPPY** is accepting what you are in life.....*

### **FOR ME, HAPPINESS IS.....**



As happiness is an emotion, I feel happy when I play with my friends in school or go out with my parents on weekends. Spending time with my family makes me happy. Especially when my mother makes one of my favourite foods then I feel really happy. I feel happy when I dance, sing, draw and paint. But playing with my brother is the happiest thing. I play with him, fight with him, do craft activities with him and enjoy with him. This is the most happiest time of the day. I find happiness in doing small things. The beauty of nature and the melody of music makes me happy. I feel happy when I help others. We should be happy with what we have in life. Sharing

my thoughts with my family makes me happy. The greatest happiness of life is the conviction that we are loved. We should be happy with what god has given us and we should be happy for such a precious gift called life. I feel happy when I celebrate all the festivals with my family. The fulfilment of my goals and desires makes me happy. We should not look for sadness instead we should look for happiness in things we do. Happiness is friends, family, teachers and all the loved ones who are always there to love you and take care of you.

Nobody can make you happy until you're happy with yourself first.....

**Bhavya Babbar**

**V-A**







## THE WARMTH OF HAPPINESS



For me happiness is not only felt but is experienced. It is not different to share this experience with someone else and I realized this a few days back. It was about mid June, I left for my regular tuition classes, stepping into the scorching hot sun felt like stepping in one big sauna. But then I noticed I am not the only one dripping up here. A poor old lady and a young boy were



begging for relief in any possible form. "Allah ke Naam pe kuch dedo, Allah aap ko khushi dega!" These were the words said by the needy 70-year old beggar who had seen life and had a huge box of experience, which was enough for her to tackle this situation. On the other hand, the little kid still had a long life ahead of him and the granny wanted to make his journey better than hers'. I went through a mix of emotions in that situation. I felt sympathetic for them and how they had to deal with their fate, I thought about how I could help and what I could do to provide them with the basic necessities. I was weirdly-happy to see the toddler playing with his granny, and how she used to put up a fake smile for the child every time. Then I observed that the granny didn't even have any footwear and was holding the baby in her arms, to protect his feet from the lava-like floor. I took off my shoe and tried keeping my foot on the ground, but I couldn't as it was as hot as molten lead! I was surprised to see how she was able to even stand while her legs were on that fiery ground. I ran back home and explained to my father the whole scenario, so we decided to give them our old pair of shoes. I also managed to fill a water-bottle for them. When I gave these supplies to them, a smile was visible on the granny's face, she murmured wishes and blessings for us. Those few words felt like we had earned a great treasure. I realized that even by sharing the smallest part of what you have, you can get a much higher return. Since then, I greet that lady every day and in the morning I fill the bottle up for her. We can be rich even after giving a possession, as in return we get the treasure of happiness by helping and sharing.

**Nitye Bansal**

**V-A**







## HAPPINESS



Happiness is referred to as a good state of mind and body. People often smile, sing and dance when they are happy. The perspective of happiness is difficult for everyone in this world. We must try to find out and note down the things that can make us happy. We can do these things for getting happiness.

1. Playing with my friends
2. Listening to music [Rap songs] makes me happy
3. Playing and feeding dogs
4. When I do craft, it makes me happy
5. Visiting my old house in Mumbai makes me very happy

**Aaditya Srivastava**  
V-A



For me, happiness is everywhere. You just have to acknowledge it around you and feel it within. I find my happiness in arguing with my sisters. Teasing them often makes me happy. It gives me joy when I hide things around while my sisters just get fed up of searching them. Finally, when they request me to return those things back, I feel on the top of the world. It's not always just like that. I do feel happy when I share my things with others and also on receiving gifts from them. Whenever I go to temple, I usually carry some coins with me to donate them to poor people sitting outside. The blessings they give me in return give me immense pleasure. Playing badminton is my passion. When I'm practicing and make noteworthy shots, the praises I get makes me very happy. The words of appreciation I get from my teachers, parents and relatives always makes me happy. My

favourite food items like cakes, curry-rice, pizza, ice-cream, samosa, bhel puri, gol-gappa, especially when cooked by my mother, are always tempting and satisfying to me. Wearing new clothes, doing small deeds for others, helping my mother by doing small tasks at home and not bathing for a few days in winter feel like painting the house red. Being bossy is the ultimate.

**Avyukt Mangla**  
V-A







## HAPPINESS



Happiness is our right and we must always try to stay happy and spread love around us. I am happy when my mommie cooks delicious food for me, when my papa watches movies to spend time with me, when my dadu and dadi takes me to play with my friends. I am even more happier when I'm able to help my friends as per their needs. I also feel proud and happy when my teachers praise my work and actions.

Happiness is the only thing that doubles if it is shared. Oh! it's just like a magic penny, hold on tight and you won't have any.

Happiness is an opposite to sadness. Hence it's our responsibility to make people around us smile and be kind to every creature on this planet. All of us can stay happy by inculcating good habits and can have healthy thoughts and healthy mind.

**Arjun Bhatia**  
**IV-A**



Happiness cannot be purchased from anywhere. Happiness comes from within. Happiness for a ten year old is that I am lucky to have my loving mother, father, sister and grandparents. They look after all my needs. I feel immense happiness when my parents return home after their office hours. They love me very much. I also feel happy to go to school to learn from my learned teachers and to meet my school friends especially my class mates. I

feel happy while playing basketball, doing swimming, painting and dancing. I am really very happy as I am participating in Salsa Dance in the Annual Day Celebrations of our school scheduled for 21st October, 2022. In the end happiness for me is to have some love, some friendships, some hope and some rain.



**Tushar Aneja**  
**V-B**







## HAPPINESS



For me happiness is when I am with my family on a vacation, no matter where and when but being together is more important than anything else. For me happiness is doing my day to day chores without any major fuss with calum and clan. For me happiness is doing little things like helping my mother in her routine activities, to share the burden of our family.

For me happiness is making each day as beautiful as possible by remaining joyful while exercising my daily responsibilities. For me happiness is celebrating birthday with my friends and family, no matter when and where. For me happiness is attending school daily with my friends and teachers to grow up collectively. All in all, happiness is nothing but a state of mind, I need to be in all the times.



**Sidh Wadhwa**  
V-B



I am happy when... There are numerous emotions that we all experience in a day. There are plenty of things that make me happy. I feel cheerful when I am with my family because we never fight and spend time together. I feel on cloud nine when I play with my friends because we watch fascinating movies. Even if the movie is monotonous, we still enjoy because we all love eating popcorn and nachos. I feel over the moon when I go on any trip with my friends and school teachers because we all go together in a bus, play games and sing songs.

We also discuss our itinerary. When I celebrate festivals I feel contented because I get to celebrate it with my near and dear ones because I can burn Eco-friendly crackers, eat sweets and give gifts to each other. Diwali makes me elated and ecstatic. I feel overwhelmed when I help anybody around me because helping people is a fabulous activity and I enjoy doing it. There are many reasons for us to be joyful and we should always try to be happy, satisfied and be thankful to god, dear ones. My favourite festival is Diwali

**Aanya Garg**  
IV-A







## HAPPINESS



Happiness is something that comes from our inner heart. Life is very short and we can get happiness in very small things if we want like I do a lot of art work in my free time which gives me happiness. I utilize my art work by making beautiful greeting cards on every occasion in the family like birthdays, anniversary of my parents and so on. This gives me happiness and happiness to others also.

I go for shopping frequently with my mom that also gives me happiness. I help my mom in some household work that gives me happiness. I distribute food and other eatables to needy people outside the temple that gives me

happiness. Spending time with my grand mom gives me a lot of satisfaction and happiness. I help my father in gardening that also gives me happiness.

“So happiness is the major factor to live a beautiful life”.

**Kashvi Khullar**  
V-D

I'm Happy when it rains,  
I'm happy when I gain,,  
I'm happy when my mom gives me choice of food,  
I'm happy when I read my favourite book,,  
I'm happy when I go to school,  
I'm happy when I swim in pool,,  
I'm happy when I wear my favourite dress,  
I'm happy when my teacher is impressed,,  
I'm happy in all days,  
As this is God's ways!

**KASHVI ISSAR**  
IVE







## HAPPINESS



I am happy when I visit any place with my family members. I love my family so much. My family takes care of me. I visited Gujarat recently with my Family – My father, Mother, Grandmother, Lovy Didi and Bunny bhaiya in February, 2022. We visited many places including sea beach. Bunny bhaiya was always with me at the sea beach for my safety. We did water sports and I was very happy. I feel so happy with all my family members. I used to wake them up early in the morning for visiting local tourist places. Everyone should spend time with their family. It really give happiness to be with one's family. I never forget the time I spent with my family members.



I really feels happy when my family feel happy.

**Shreeja**  
**IV-E**

I am happy when I go to the arcade and play different games. To play games I have to scan the game card on the machine and start enjoying the big game. I like to play many games- basketball, car-racing, bumper cars, ballroom, Toy castle, etc. If you don't have the game card you can also use your game coins. That's what I liked the most. There is also a toy catcher game, last time I won a smiley soft toy. I am good at basketball games. My highest score was 500 in that game. But my favourite game is Pac-Man. I am not good at shooting games, but I will get better soon in that game. Me and my sister always love to visit arcades.



**Kritagya Dahiya**  
**IV-B**







## HAPPINESS



### I AM HAPPY WHEN....

I am happy when....

I am happy....

When, I wake up before sunrise.

And get a tight hug from my mother.

When I go to school,

I get pat from teacher.

When I do some mischief,

And get a guarded smile from my father.

When I, my siblings and my friends play together,

I am happy.

When I pass on a smile to the hungry and poor,

Then a piece of bread I share.

When I sow seed beneath the soil,

And to the tiny plants, the love I render.

I am happy.....



**Shourya Garg**  
IV-B



### HAPPINESS

Happiness comes now and then,  
We cannot be sure just when.  
But when its there, enjoy each hour  
Because hapiness has such power,  
Joy to you it will bring  
Even make someone else sing.  
What peace of mind happiness can show  
Making you and others glow,  
Nurture it, make it last  
Forget the troubles of the past.  
Never fear that it will go  
For it could always grow  
And then tommorw there it will be,  
For happiness can set you free.

**Nityam Gupta**  
IV-B







## HAPPINESS



Stealing a happiness drop from the ocean grief,  
Pleased in instigating the Infatuation relief.  
Sow the seeds of verve and delight  
Ecstatic by the grief I thief, surmount the plight  
Grow up to the sky see birds chirping flee  
Mesmerized Trees and saplings bringing glee  
The whisper of a breeze in leaves so swaying  
The melancholy of nature, gladness conveying  
For every autumn, I will get a lovely beautiful spring,  
Contemplation of ray after dismay up bring  
Season spring mirroring the nature beauty  
flower with hue sways merriment by butterflies snooty  
The journey begins, in our individual heart.  
Humor is the happiness primitive start.  
Life as journey a saucy and impudent means  
My happiness is a feeling cast off the darkness deemz



**Dhritil Narula**  
**IV-B**

Happiness is cup of tea like if we spend time together just you and me it makes me happy For me happiness means my grandmother she is the one who always loves me,cares for me, cooks and does everything for me she takes care of me like a child and always put me first because of her love and affection towards me makes me happy. If I will ever get a chance to do something for her I will be happily do that and make her proud it makes me happy to be just with her for me she is the key of my happiness. Happiness doesn't always mean money it also means love, care, spending time together etc.

We talk and laugh our eyes light up it's clear to see that this is happiness and love

**Lavanya Rajanya**  
**V-E**







Happiness is an emotional state characterized by feelings of joy, satisfaction, contentment, and fulfilment. While happiness has many different definitions, it is often described as involving positive emotions and life satisfaction. In addition, true happiness comes from within yourself. Happiness is basically a state of mind. It's the feeling of truly enjoying your life, and the desire to make the very best of it. Happiness is the &quot; secret sauce&quot; that can help us be and do our best.

“Happiness, to me, is very rich, rewarding, and complex. It's not diametrically opposed to suffering, but rather, happiness is something that I can experience when I know that I'm really being held in the integrity of my community and my family and what it is that I am rooted in, what it is that I stand for.

**Nabhya J Parmar**  
V-E

## FOR ME, HAPPINESS IS ....

For me, Happiness is when my cousins come home & all I do is have fun with them  
 For me, Happiness is when it's a weekday & I know I will get to meet my friends in school.  
 For me, Happiness is when its Friday, & its Pizza time.  
 For me, Happiness is when its weekend & I get to be awake for an extra hour.  
 For me, Happiness is when it's a holiday & I watch a movie with my parents.  
 For me, Happiness is when its movie time & Mumma surprises me with a bucket of popcorn.  
 For me, Happiness is when its spring time,  
 & there are so many flowers in my garden.  
 For me, Happiness is when it's the month of August  
 & I know I will get a gift every day  
 For me, Happiness is when I come from tuition  
 & I spend time with my dolls styling their hair  
 For me, Happiness is when its night time,  
 & I play fun games with my Nani  
 For me, Happiness is playing a game,  
 & then winning it  
 For me, Happiness is coming home from school  
 & seeing my favorite food cooked



**Devasmi Bhatia**  
V-E



## I WAS HAPPY WHEN...

I was happy when  
I got 10 out of 10 On my math test  
And that day was simply the best...  
I was happy when  
On the same day, I saw rainbows in the sky  
It was so high  
And on that day, I felt that I could fly...

I was happy when  
I got my favorite dress  
And on that day,  
I could not be happy any less...  
I was happy when  
I saw a puppy  
Oh, what a cutie!  
I was mesmerized by its beauty.



**Parishi Kukreja**  
**IV-D**



I am Happy when For me there are 1000s of reasons to be happy but the best one is my family. My family is the best part of my life. I share my joy, happiness and sorrow with them. They make me feel comfortable. What makes me happy is when my sister plays badminton with me and my mother goes out for a walk with me. My father teaches me the course done in school and also teaches me manners.

All of them help me in preparing for the exam and I get happy when I score full marks. Another thing that makes me happy is the summer holidays. I get a lot of time to spend with my family. I don't have to follow a particular routine in summer break. Also I get time to go out for a vacation. I am also happy when I get to see movies on Amazon prime.

**Gauranshi Gulati**  
**IV-D**

For me happiness is my family, Friends and my life.  
For me happiness is the god, who has given me such a beautiful life to live.  
For me happiness is the place where I live, my house and my surroundings.  
For me happiness is singing like birds, dancing like peacock, playing and drawing.  
For me happiness is nature.  
For me happiness is the key to success.

**Gaurika Mendiratta**  
**V-C**







## HAPPINESS



Long ago in a distant village of rural India there lived a family of three people, Hira the father, Geeta the mother, and Ghanshyam their son. For a living, Hira used to go to the forest every day, chop some wood and sell them in the city the next day. As the time passed by, Ghanshyam became a teenager and Hira was getting in his middle ages. As the age was catching with him it became difficult for him to do his daily chores. He got irritated day by day.



Slowly, he started complaining and became unhappy. On the other hand, his son was full of youthful energy and due to this sudden burst of energy he constantly bumped into things or involved in fights with his peers. Parents of other children often complain to his mother. His mother was also got irritated due to the list of complaints she used to receive and started scolding Ghanshyam. Due to frequent scolding

Ghanshyam too became unhappy. The little sweet happy family turned into an unhappy family which was always seen quarrelling among themselves or to their neighbours. It impacted other people in the village too. Nobody knew what to do. One fine morning an old sage came to the village and asked the people why they all seem unhappy. Some of them narrated that how Hira and his family became unhappy and it impacted the entire village. The old sage with his wisdom of ages didn't lose a second to analyse the root cause of the problem. He asked the people to send Hira and his family to him and their problem will be solved. When Hira's family visited the sage, he counselled them and explained that if each person can try to make other happy that will translate and in turn will bring happiness to self.

He further explained that if Hira instead of cribbing, involves his son with his work and his son instead of quarrelling with his friends volunteer to his work, both of their trouble will be solved and in fact will bring happiness to them. Try to be a cause of happiness to other and see how happiness will come to you. Both of them understood the sage's advice. Ghanshyam accompanied his father to the forest and started helping him. His energy was used to the best and his father got the necessary help. They became happy and soon the entire village too became happy. For me happiness is to become a reason of happiness to others.

**Raavi Singhal**  
V-C



Happiness is smiling faces,  
In the world of races,  
With lots of love in the sky,  
Where people don't lie.  
For me happiness is –  
When the sun rises,  
With lots of surprises.  
To be seen, by the trees,

That were very keen.  
For me happiness is –  
Seeing the kids play,  
Over the hay.  
Innocence on their faces,  
Trying to tie their laces!!!

**Anagha Jagga**  
V C







## CAN MONEY BUY HAPPINESS?



“Happiness is not something Ready-Made. It comes from your own actions.”

-Dalai Lama

People say, 'You don't need money to be happy' but the thing is, that does not give you a direct answer. Many people have tried testing this, and they say 'Family and Friends make you happier than money ever can' which is, true, but again this is not a direct answer. The answer is something near or like this: You do not need money to be happy, but it can buy you something that makes you 'feel happy.' How? Well, when you buy something, you use money to do so. Let us take an example. You bought a toy, and playing with it makes you happy. In this case, indirectly, money did buy you happiness, but it did not do so directly.

You may have heard this from other people too, that happiness is 'Priceless.' It is not something you can go to a store and buy even for a million rupees, and this shows how much you should value happiness. You can start being happier and liking things more by spending time doing activities that make you happy, finding something good in negative things and most importantly, learning to accept who you are with your mistakes. You will be able to solve disputes and arguments more quickly and sensibly.

In conclusion, Money can not directly buy happiness, but it can give you something that makes you feel eternally happy.



**Akshita Arora**  
VI-A



No. money is a materialistic thing that can only bring greed and will eventually remove happiness from our world. Happiness is a gift from God. Happiness can only be bought when shared with others. Giving money to people who are poor, orphaned or helpless can increase our and their happiness. By doing a service to others we can receive their blessings. Happiness is beyond wealth. Too much money spoils one's mind. Money can

help one get educated and be well fed. Too much money causes a person to become rude and selfish. A person with more money than others feels superior. We all need money it is everybody's basic need. But too much money is not the answer to being happy.

I am not opposing anybody rich like Mukesh Ambani, Jeff Bezos and Elon Musk because they donate in charities and help the society. We can also help needy people. Money is given to us by God to help others. It is our rightful duty to share it with the needy.

**ABBIR DHAWAN**  
VI-A







## HAPPINESS



Money can buy us many things which can make us happy. It can be gifts, holidays etc. But there are many things which make us happy, but we cannot buy them with money like time with friends and family, joy of sharing etc. If money could buy happiness then rich people will always be happy and poor people will always be sad. If you are unhappy, you cannot always buy happiness with money.

Happiness is beyond will. But we can be happy by doing good simple things like Helping someone, celebrating festivals with friends, family or by being kind to others. This shows happiness does not have a

price and one who is not rich but want to be happy he/she can still be happy. Money has a limit but happiness can be limitless. Everyone has their own way to be happy.

You cannot see, touch or buy happiness but you can feel it in your heart. Being happy is more important than being rich. It is rightly said, that happiness is the best medicine for every ailment. At the end I would like to say happiness means a lot to me. And no, money cannot buy HAPPINESS.

**Sanavi Paharia**  
**VI-A**

Happiness is a feeling that cannot be seen but we can feel it. It comes when we have done something good. No matter that you are poor or rich because poor are also happy and many rich people are also sad. Happiness is a gift of God. We should be thankful to God for this wonderful gift.

Happiness comes when we do something good for others and for ourselves as well. I feel happy when I help others. I also feel happy when someone appreciates me. If we want to be happy we should always help others and always keep smiling.

**Pratyaksh Khatri**  
**VI-A**





## HAPPINESS IS IN ....

Happiness is in many things. Even in the darkest and the most sad times you have to find the light. That light of happiness. Happiness is everywhere you just have to find it. Happiness is in every little things. No one is in charge of your happiness except you.

A German man once asked a question that how can you determine whether a person is happy or not? He defined happiness as the complete satisfaction of all desires but he was completely wrong happiness is the feeling of joy that comes within you. Eating , travelling , shopping, listening to music and studying gives me happiness . find happiness in little things and find yourself in those happy moments . Happiness is defined by you , so define your happiness in the happiest way possible .



**Aadya Singh**  
**VII-B**



I can give happiness to the one who brings joy to my life by making him happy. Actually, the way of making the person happy depends on the type of situation it is. But as I have to write so I am taking the situation "fight between two friends."

Siddhant helped Kavya to solve many problems. Kavya also helped Siddhant to solve many problems. But one day, Siddhant was assigned a car making project with Kavya as he was good in such things but Kavya denied. So Siddhant was angry on Kavya. Siddhant complained to

Kavya's mother and told her about all issue which had happened between him and Kavya.

Then Kavya's mother suggested Kavya that he should have helped Siddhant as it will make Siddhant happy and eventually Siddhant will also make others happy as happiness spreads from one person to another. Now, Kavya has understood the lesson and helped Siddhant in the car making project.

**Hardik Goyal**  
**VII-B**





We can give happiness to the one who brings joy to our life by bringing joy to him/her by helping him/her in ways like helping the one in doing his homework making him/her happy when he/she is sad. Other ways to make him/her happy are to go to places with them, to have fun, gifting something nice to him/her etc. This is how I can bring happiness to the one who brings me joy.



**Vivaan Jagga**  
VII-B

I've always believed that happiness is a kind of emotion that everyone should experience. No one deserves to be sad or hurt. Happiness, however, is different for everybody. For some people, happiness is in following their dreams and passion. Some people feel content by spending time with their loved ones.

However, not everyone is happy in life. Some people are hurt and depressed. This can be because of their bad past, because of people. It might be that they are missing someone or it may be that they have been hurt by other's words. In fact, it might be that one of your family members is suffering from anxiety or depression and you don't even know. One thing I have understood in life is that words are like stones, you throw it in a river but you don't know how deep it goes.

In life it is not just important to be happy, we should also make others happy. To make someone happy, you can hug them, stand up for them and comfort them either by your actions or your words. Happiness can be found in friends also. Friends can make us happy in many ways. Friends help us in our tough times and they tell us what's wrong and what's right. As they say, "A friend in need is a friend indeed" Without friends we feel lonely and sad. However, we should stay away from toxic people. If you ask me, I would say that having one true friend is better than having 10 fake, toxic friends. Now, the question is can you stay alone and still be happy? I would say yes! Some people find peace and joy by being alone. This is a great way to enjoy life. After all, we should not be dependent on anybody in life. Your happiness is your responsibility.



**Vaani Aggarwal**  
VII-B







## HAPPINESS



Happiness is everything one can imagine in life. You can find it everywhere, even if there is a shortage of money or necessary requirements. There are many people in my life who give me happiness. They are also not content sometimes which ultimately makes me sad. I try my level best to make them happy.

There are some ways by which I make the people in my life happy, like – giving things they like, for example : if someone likes chocolates, I would give them a bucket full of chocolates. There are many other ways like –

making them happy and burst out laughing with funny jokes, helping them with anything they're stuck in, etc. Once they are happy, it makes me feel content and happy.

**Aarna Mangla**  
VII-A

I believe that happiness is usually in little things. Things and actions. As for me, I like to spend time with my mother. My mother has her own humorous style in which she cracks jokes. The little things, can be anything a person enjoys doing or something they like. It could be anything from spending time with your family to listening to your favourite kind of music.

Happiness can also be felt in some unlikely places where we least expect it. Sometimes, it comes from a hobby like dancing, making up stories, sketching, painting, making models etc. Basically, a hobby that one is passionate about. Like I mentioned earlier, it can be anything. Different things make different people feel happiness. It depends on the person. As an example, while one enjoys company of people who are close to them, others may possess a liking for solitude. Happiness, you see, can come from anything.



**Ananyaa Gahlowt**  
VII-A







Happiness! The pursuit of each one of our lives is to be happy. But what is Happiness? Is it different for me and different for you? Is it different for me today and entirely different for me when I grow up? Is it different for me when I am at school and different for me when I am home? Let us reflect and find out an answer for ourselves. I am happy when I am watching my favourite cartoon. I am happy when I have my most cherished dish made at home. I am happy when I am drinking milkshakes of my own choice. I am happy when I am watching my favourite movie or listening to or singing my favourite music.

But how long will this happiness stay? As long as the stimulus is there with me, I'll be happy. But then I reflect and realise that this sensory happiness stays for a very short period of time. These stimuli give momentary pleasure. But then I feel that I am happy when I am in the arms of my mom or my grandmother. I am happy when I am playing with my sister, or when I am chatting with my cousins. I am elated when I am trying to play video game with my dad for hours.

So when I try to reflect, I can very clearly see that happiness is much more than the momentary pleasures. It is much more than something that is stimuli dependent. So when we are living in meaningful and harmonious relationships, we tend to be happy for a longer period of time. So, the relationships give us the deeper happiness, that stays with me for a relatively longer duration.

And all of us seek this, by loving and respecting others, by being loved and respected by people around us. By paying gratitude to each one of us surrounding us. And to be grateful for every relationship that embraces us. And then I see that whenever I face a challenge in my life, I always try to resolve it. And whenever I am able to find the solution, I am happy. The power of resilience within me gives me happiness, the immense capacity to be at ease, what come may. The power to be able to respond and not to react gives me happiness. And I think this happiness is exactly the same for me and for you and for any other human being on this earth.

Everyone needs to be in sync with one's own thoughts and feelings. Every single person in this entire universe across all ages wants to be in this relaxed and no conflict state for every single moment. So Happiness to me seems to be a state of mind when my feelings, my thoughts are in complete alignment with my actions. When I am at peace with myself and with others around me. Although I know it is a long journey to explore, experience and express what Happiness is to me, I have started to at least think in that particular direction and hopefully will be able to find my substantial answers for the same very soon.

**Chaitanyaa Sethi**  
VIII-C







"Money does not buy you happiness" is a common phrase often heard during various day to day discussions of elderly people. But what I believe is that "Money does not buy you happiness but it buys you the opportunity to be happy" For some people the word "Happy" means having food two times a day, having a roof on top of their heads and contradictory to this for some people it means to flaunt their riches by living in a big mansion, buying luxury car and wearing designer clothes.

Every person perceives happiness in his own way according to his definition of life. For me being happy isn't an emotion or a feeling, it's a way to live life to the fullest and make the moments you will cherish your entire life. I often find myself on top of the world without any reason and realize that you do not need any other reason apart from admiring yourself in the mirror. I personally love trying different outfits and accessories whether they are traditional clothes or my modern ragged jeans. These are some instances of my life that taught me happiness is way more than just an emotion.



Recently on my birthday for the first time, early morning I visited a temple with my grandfather to distribute food packets to the poor. While handing them those food packets, I noticed a special shine in their eyes and blessings in their gestures which touched my heart and made my day more than the party celebrations in the evening of cutting the cake and later opening the gifts I had received. The immense satisfaction and joy, I experienced on that day was very different from anything I had ever felt. So I made a promise to myself that I would do this noble deed every year on my birthday.

I often accompany my father to the market to buy groceries. On one such day while returning back from the market, at the red light a little child came begging to our car. The smile on his face, jumping with joy and whistling when I gave him the balloons and toy car which my father had bought for me are still fresh in my mind. His happiness on receiving them seemed like mine. I felt on cloud nine.

Every year during my summer vacations I visit my maternal grandparents who reside in the Himalayan mountain village, the chirping of birds, cool breeze blowing, sowing new plants and watering them in the farm, feeding grass to cows and bathing under a waterfall gives me the feeling of being alive and enjoying life to the fullest.

Dalai Lama once said "The purpose of our lives is to be happy". We all spend our lives waiting for those big special moments to come which make us happy and cherish life, but those big moments rarely come so instead we should everyday find small moments which make us happy and put a smile on our face. No one is responsible for making us happy and no amount of money can satisfy our needs, so it is up to us to keep ourselves happy every day.

Happiness often sneaks in through a door you didn't know you left open. - John Barrymore

**Krishiv Uniyal**  
**VIII-B**







## Happiness Comes From Within...



Happiness - it's something that everyone wants, but everyone might not know how to get it. Most people don't understand where true happiness comes from. We often spend time and get upset about something allowing our environment and circumstances to dictate whether or not we are going to be happy. The truth is that we can live our happiness and decide that we are going to do whatever it takes to be happy. Amid struggles, we must choose to be happy. Happiness does not come from the acquiring money or things; happiness begins from each one of us. Being happy within ourselves simply means showing mercy to ourselves, forgiving, accepting, and loving ourselves. It means discovering what makes us unhappy and choosing to live in peace.

**Forgive Yourself:** Forgive yourself for thinking negatively, forgive yourself for talking, without thinking twice. Forgive yourself for being rude to your friends and siblings. Forgive others. If we want to make peace with others we first need to be at peace with ourselves. Learn to forgive and forget, it's not good to resent and hold grudges. Stop Thinking and talking about your problems instead, focus on the good in every situation you face and every person you are in a relationship with including yourself. **Be Busy:** The busier you are, the less time you have to think, especially, about something or someone who left you with negative feelings.

**Be content:** with WHO you are. Don't strive to be someone else. Don't care about what other people think or say about you, when you are not even sure whether they are right or wrong. There is always a light at the end of the tunnel. Hope is something you can't afford to lose, with Hope you always have a path towards Happiness.

**Aavya Singh**  
VIII-C

Everyone have their own world of happiness. I believe that we should do whatever we want to instead of what society says in order to be happy. I believe that the key to a happy life is to be content with what you have and not dwell on the past or worry about the future. You should enjoy the present moment and take advantage of the opportunities that come to your way. And also one has power only in the present. My idea of happiness is that money can't buy happiness, it can bring satisfaction to your needs only. I feel happy when I am surrounded with my family and friends. I feel peaceful when I do good deeds such as helping the needy people. I feel happy when I study or gain knowledge.

And I would like to say that we should be happy for what we have as we may not have that in our future.

**Ananya Vats**  
VIII-A





As we now know that we cannot buy happiness with money and there is no other shortcut to happiness. It is something that you feel from within. In addition, true happiness comes from within yourself. Happiness is basically a state of mind. Moreover, it can only be achieved by being positive and avoiding any negative thought in mind. And if we look at the bright side of ourselves only then we can be happy. We can say that happiness can only be achieved by having positive thinking and enjoying life. Also, for being happy and keeping the people around us happy we have to develop a healthy relationship with them. Additionally, we also have to give them the proper time.

If you choose to be happy and channelize for thoughts accordingly, then you shall attain happiness. However, it is not as simple as it seems. You need to make efforts to work on it. Secondly, it is not a one-time activity. You need to practice certain things daily in order to achieve this state. Now, while you need to look for happiness inside at times you need to seek help from your family and friends. Many people these days suffer from depression because they choose to deal with their problems on their own and not to involve others. This is wrong! It is important to look within to find true happiness but it is equally important to surround yourself with positive people. You must stop thinking about your past mistakes. Everyone makes mistakes; nobody is perfect. Stop blaming yourself or feeling guilty for all the bad decisions you have taken in life. Also stop worrying about your future. Live in the present moment.



Don't let the good times go unnoticed. Remember all your past moments and decisions that brought happiness and rejoice them. Be thankful to God for bestowing such joyous moments. It is sad how people look for happiness outside. Many people associate happiness with money. If this was the case then rich people would have never felt sad. But on the contrary, we see that it is the rich who seem more anxious, fearful, stressed and often experience relationship problems and suffer from

depression. Celebrities such as movie stars, singers and ministers have hoards of money and yet the divorce rate of these people is much higher than the general public. These people live in constant fear of being chased or hit and hence require security all the time. They are more fearful about the safety of their children. They are also the ones more prone to theft and robbery. Many of them have so much overflow of wealth that they are constantly stressed about where to invest or hide it. On the other hand, those belonging to the poor classes are often more carefree and joyous.

This is not to say that being rich is a bad thing. Having money means that you have access to a lot of things. You can go on holidays, plan social gatherings, purchase good clothes, buy properties, live in a good locality and a lot more and all this brings in a feel good factor which is an essential component for being happy. However, believing that if you have all these you will be happy is wrong. Materialistic things can make you happy momentarily but cannot help attain true happiness. It is rightly said, "You will find true happiness in life when you realize it only takes you to be happy."

It needs to be understood that happiness is basically a state of mind. It cannot be achieved from things we see outside. We have the power to create it with the help of positive emotions.

Mayra Goel  
VIII - C





Happiness is a state of bliss. If you train your brain to stay in this state it will stay this way. This is because your mind believes whatever you say. However, it is not as simple as it seems. You may experience happiness from time to time however it may take months or even years to make this state last. Ways to Attract Happiness and Make it Last:

As per some recent studies, some of the habits to attract happiness and make it last are as follows:

### ◆ Be content

Instead of getting super excited or depressed in different situations you must practice to transform these activated feelings into deactivated feelings such as calmness and contentment. These feelings are healthier and also easier to sustain.

### ◆ Live in present

You must stop thinking about your past mistakes. Everyone makes mistakes; nobody is perfect. Stop blaming yourself or feeling guilty for all the bad decisions you have taken in life. Also stop worrying about your future. Live in the present moment. Don't let the good times go unnoticed.

### ◆ Be thankful

Remember all your past moments and decisions that brought happiness and rejoice them. Be thankful to God for bestowing such joyous moments.



### ◆ Surround yourself with positive people

Steer clear from people who indulge in negative talks or de-motivate you. Surround yourself with positive minds instead.

It is easy to get carried away by negative thoughts and get into a state of anxiety and stress owing to several things in life. However, you must always remind yourself of the good times and all the things you should be thankful about. This is a good way to shift your mood from negative to positive.

**Bhoomi Sharma**  
VIII-A





## "happiness Is Not By Chance, But By Choice"



Happiness differs for different people in different ways. Most people feel positive emotions when they are happy. Happiness means the mental state of a person. It is vital for healthy and prosperous life. Happiness is all about feeling joyful.



Real happiness is not difficult to attain if a man lowers his need and is happy with whatever he has. There is a belief that money can buy happiness. If it was true all the rich and famous people would never feel sad. Happiness is a feeling that comes from within. It cannot be bought from money and cannot be found in others.

People can find happiness with the help of positive emotion, which can be obtained from good ideas. In simple words we can define happiness as a state of mind which cannot be achieved by the things we see around.

**Bhavya Bansal**  
**VIII-A**

### HAPPINESS

Happiness is like water, it always charts its way  
Through rocky terrains and  
Fertile plains and  
parts the clouds of grey.  
It's the giggles of a bubbling  
brook that runs wild,  
Spilling laughter along the way  
as would a happy child.  
It pours through the smallest  
nook in the darkest of times,  
When one finds solace  
In an old friend's face,  
Or childhood's forgotten rhymes.



Water that rises from the sea returns in raindrops blue ,  
The happiness you give to the world finds a way back to you.

**Ananya Kohli**  
**XII-D**





## HAPPINESS



Happiness is a figment related to human emotions. An emotion, that is hard to explain, but easy to express, emotive and exemplify by a simple smile or a smiley, laugh or even a caring touch of loved one.

Happiness is one emotion that is oblivious to materialistic possessions, vices and motivations. It is fed by our intrinsic hormones, which allow one to feel happy even in the toughest of situations and times. You don't need the best of finery to feel happy – the sight of a flower, the wind moving across the fields, waves crashing against the shore, or simple breathing sadhana are enough to create a ripple of happiness.



**Sharanya Rohatgi**  
**X-D**



Is happiness the same as being okay?  
Or is it when your heart drops  
to see little puppies play?  
Happiness to me is just being true to myself  
It could be having a night over with my  
cousins or even redecorating my shelf.  
Don't just act to be happy always,  
To be happy there are actually many ways.  
you can find happiness in every small thing,  
it doesn't have to be 100 per cent marks  
it can be butterflies in the spring.

**Ameyao Naarang**  
**IX-A**

Happiness is to be great-ful  
Of what we have  
It's a choice  
Not a rule  
No one will make you happy  
Until you make yourself happy  
No one will feel happy for you  
Until you think happily  
The real happiness  
Comes only from you  
Not thinking what others think about you  
But what you think about being happy  
Happiness is a nine-letter word  
But you feel it in 99 ways.

**Sayema Miglani**  
**IX-D**





# HAPPINESS

What is happiness u say?  
Well, it's what makes your day  
No matter how sad you feel  
Happiness is just what makes you heal

What's the worth of happiness you say?  
Well, it's not something for which you can pay  
It can't be bought, it can't be lent  
Its invaluable cent percent

How can one be happy you say?  
Well, be content and drive inferior thoughts away  
Have a heart pure and true  
And see happiness make its way to you



Who makes one happy you say?  
Well, it's who you are from June to May  
True joy resides within  
And holds the power to make you grin

Where is happiness found you say?  
Well, in love and peace it stays,  
Today, tomorrow and always  
Times when you're with your loved ones  
Bring you happiness by the tons

**Arushi Polamraju**  
**XII-B**







**Bal Bharati**  
**PUBLIC SCHOOL**  
Sector-14, Rohini, Delhi

**T H A N K**  
**Y O U**

*Happiness comes when your work and words  
are of benefit to others.*

*-Gautam Buddha*

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