



MUSKAN

Newsletter of Society for Happiness
www.societyforhappiness.org

**104,Shri Shyam Sunrise Apartments,Plot no.30,C-Block,Pochanpur Extension
Sector 23,Dwarka,New Delhi 110077**

For Private Circulation Only

Issue:2022/1



Connecting People -Spreading Smiles

Dear Friends,

It is so nice to reconnect on our E-Magazine MUSKAAN after a long gap of time. The restrictions and isolation due to pandemic have limited our movement and activities. Now many members were requesting to restart activities and Off-line meetings. Well we are now fully geared up in our new Office at 104 Shri Shyam Apartments, Plot no30,C-Block Pochanpur Extn. Sector 23 Dwarka, opposite Shyam Mandir and the upcoming International Conference and Exhibition Center in Sector 25 Dwarka. The Office is on 1st floor of a new 4-storey building just behind Hotel Anand Lok Pochanpur and can be approached directly from the Dwarka-Najafgarh road on the outer periphery of Pochanpur. So you are all invited to visit us at your convenience to share your happiness and thoughts on taking forward our society. We plan to convene a formal meeting of members in near future. Some of the activities we would like to discuss in our meeting ,may include the following:

1. Inviting more members to join the Governing Council and contribute to make ours a Happy society.
2. To organise a Kanha festival around Janmashtmi, this may include well baby show (On line or Off-loine) of small kids in Kanha dress and makeup, songs, bhajan and dance (subject to adequate response)
3. A picnic in any suitable park in Delhi sometime in October-November 2022. Also perhaps an overnight excursion to some nearby place.
4. Painting competition for young children.
5. Donation of clothes and other useful items to those who need it more than us.
6. Starting a REIKI Healing centre in our new Office

Besides the above this year we plan to launch the Happiness AWARD for Schools/Colleges/Professional Institutions and Coaching Institutes, to recognize and Award deserving organisations and individuals who have contributed to make our educational Institutes

a happy and healthy place for students and teachers. We will share more details about it shortly to seek your valued opinion for value addition.

We would also like to now extend the outreach of our Happy Family by inducting more members and possibly opening Happiness Centres in some more locations geographically.

Thanking you once again and looking forward to happy times together.

Smilingly Yours,
J.K.Mehta
President

OUR NEW OFFICE BUILDING



Society for Happiness
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HAPPY STAYCATION TRIP TO RAMGARH,

I would like to share my holiday experience with all of you . As you all know that since 2 years of the Covid -19 pandemic , movement of people is being restricted . People avoid travelling for unnecessary reasons and they are tired of the same routine . But this year as we all can see that all the places are opened up for tourism and people are eager to visit places of their interest and can get a break from their hectic schedules . Last month during the summer vacations I went to Ramgarh which is 10 kms away from Bhimtal with my family . We had booked a resort for 3 days and 2 nights in Ramgarh .We were 12 persons and we planned to go by a tempo traveller together instead of going separately in own cars as it takes about 8 hours to reach Ramgarh from Delhi . Ramgarh is known as “Fruit bowl of Kumaon” . Surrounded by mountains this place is quite famous for its fruit ornament . It is a beautiful hill station for tourists and situated in the Nainital district of Uttarakhand. It is also famous for its scenic beauty . It was really great going to such a wonderful and beautiful place where one can interact with nature and feel stress free away from our ultra-busy lifestyles and can spend quality time with our family and friends . Ramgarh and its vicinity offers some remarkable forest trails and mountain walks . We did a very easy trek to Devi Mandir which is 10 kms from Ramgarh . It is full of natural beauty and offers 360-degree panorama of the majestic Himalayan Range . Due to its remote location , Ramgarh has little tourist traffic and hence is an ideal place to relax and rejuvenate in the calm and peaceful environment . One should often plan trips like these with family or friends . These types of excursions helps us to get away from crowded areas of metropolitan cities and relax in the arms of nature for sometime . We can also plan a trip to these types of places with natural beauty with the members of The Society for Happiness as we all are also like a family .It will be a real fun and different people will get to know about each other . Interacting with different people with different opinions is a great learning experience . It helps in making you emotionally strong . The basic idea of these types of excursions is to relax and spend time with yourself and your near and dears . Everyone needs a break from time to time in order to relieve stress . Even if you can't take a big vacation , a staycation or a short break can be a valuable way to feel restored and refreshed .



KAJAL KAPOOR

**Society for happiness
Connecting People - Spreading smiles**

SOCIETY FOR HAPPINESS

HAPPINESS AWARDS 2022

There was a time when people used to believe that it is not important to be happy to succeed in life be it career, institution or organization, only one has to focus on work, productivity , and hard labour to succeed. However times have changed and the Emotion quotient and happiness at work have been recognized as a vital factor for success. Organisations and Institutions have increasingly focused on increasing the happiness quotient of their employees, students and teachers ,to make theirs a Happy place to work ,where everyone enjoys his or her work and assignment.

Society for Happiness wants to celebrate those individuals/ organizations and Institutions, who have demonstrated exemplary leadership attributes, in promoting happiness and creating ,a sustainable ,healthy and happy place to study /work.

Details to be announced very shortly



Schools

Colleges

Professional Institutes

Coaching Institutes

Mahatma Gandhi said "By education, I mean an all-round drawing of the best in child and man in body, mind and spirit". The primary purpose of education has to be to create happy, confident and fulfilled human beings who will play a meaningful role in society. This is the main moral purpose of Education.

Whatever we do is for the sake of happiness. Happiness is the greatest human expression. It can be said that the ultimate aim of all human beings is to achieve happiness in their lives

THE POSITIVE PSYCHOLOGY

Did you know that at Harvard, one of the most Prestigious Universities in the World, the most popular and successful course teaches you how to learn to be happier?

The Positive Psychology class taught by Ben Shahar attracts 1400 students per semester and 20% of Harvard graduates take this elective course.

According to Ben Shahar, the class - which focuses on happiness, self-esteem and motivation - gives students the tools to succeed and face life with more joy._

This 45-year-old teacher, considered by some to be "the happiness guru", highlights in his class 14 key tips for improving the quality of our personal status and contributing to a positive life:



Tip 1. *Thank God for everything you have:* Write down 10 things you have in your life that give you happiness. Focus on the good things!



Tip 2. *Practice physical activity*: Experts say exercising helps improve mood. 30 minutes of exercise is the best antidote against sadness and stress.



Tip 3. *Breakfast*: Some people miss breakfast for lack of time or not to get fat. Studies show that breakfast gives you energy, helps you think and perform your activities successfully.



Tip 4. *Assertive*: Ask what you want and say what you think. Being assertive helps improve your self-esteem. Being left and remaining silent creates sadness and hopelessness.



Tip 5. *Spend your money on experiences*: A study found that 75% of people felt happier when they invested their money in travel, courses and classes; While only the rest said they felt happier when buying things.



Tip 6. *Face your challenges*: Studies show that the more you postpone something, the more anxiety and tension you generate. Write short weekly lists of tasks and complete them.



Tip 7. *Put everywhere nice memories, phrases and photos of your loved ones*: Fill your fridge, your computer, your desk, your room, YOUR LIFE of beautiful memories.



Tip 8. *Always greet and be nice to other people*: More than 100 inquiries state that just smiling changes the mood.



Tip 9. *Wear comfortable shoes*: If your feet hurt you, you become moody, says Dr. Keinth Wapner, President of the American Orthopedics Association.



Tip 10. *Take care of your posture*: Walk straight with your shoulders slightly backwards and the front view helps to maintain a good mood.



Tip 11. *Listen to music* (Praise God): It is proven that listening to music awakens you to sing, this will make your life happy.



Tip 12. *What you eat has an impact on your mood*:- Do not skip meals, eat lightly every 3 to 4 hours and keep glucose levels stable.- Avoid excess white flour and sugar.- Eat everything! Healthy- Vary your food.



Tip 13. *Take care of yourself and feel attractive*:70% of people say they feel happier when they think they look good.



Tip 14. *Fervently believe in God*: With him nothing is impossible!



Tip 15 *Develop a good sense of humour.* Learn to laugh off matters, specially when things don't go right for you.

Happiness is like a Remote Control, we lose it every time, we go crazy looking for it and many times without knowing it,

We are Sitting On Top Of It ...

HAPPINESS

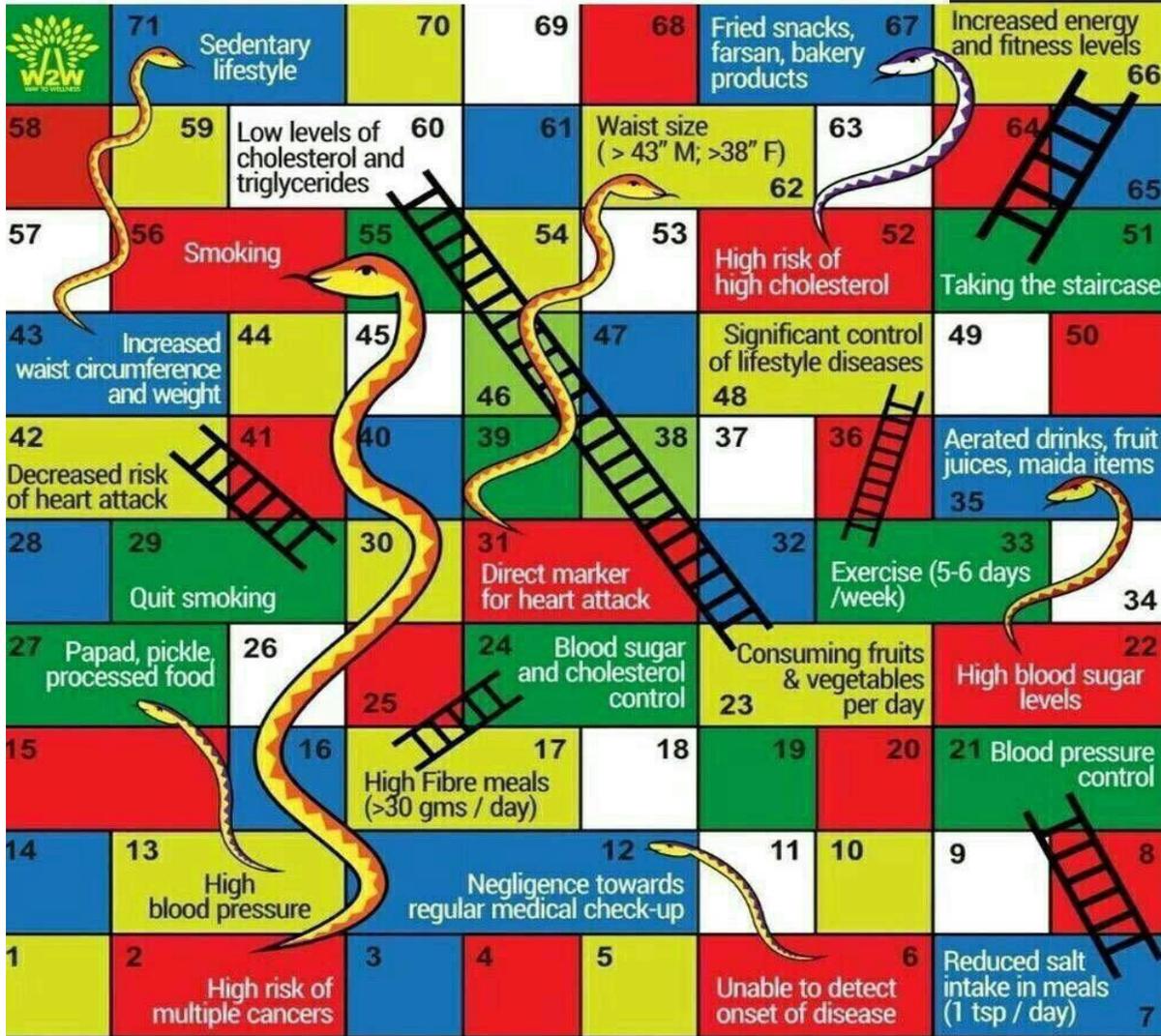
“When one door closes, another opens; but we often look so long and so regretfully upon the closed door that we do not see the one which has opened for us.” – **Alexander Graham Bell**

It is not how much we have, but how much we enjoy, that makes happiness.

“Be happy with what you have and are, be generous with both, and you won't have to hunt for happiness.” – **William E. Gladstone**

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MOVE UP IN LIFE WITH HEALTHY HABITS



SHARE IF YOU CARE

Society for Happiness

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