

## Happiness Week

*'There is no path to happiness. Happiness is the path....'*

Soaking in the spirit of happiness, the school celebrated UMEED- Happiness Week from 17 May to 25 May 2021. The Happiness week was celebrated in collaboration with the VPA department by conducting a volley of activities which aimed at harnessing individual talent and creativity so that every child can feel motivated, confident and happy in these grim times.

The VPA department engaged the students in engrossing activities keeping in mind the theme for each day viz. Courage, Trust, Inspiration, Love for Nature, Josh for Nation and Gratitude for the Frontline Workers.

Driven by the notion that art plays a pivotal role in human life, the Art Department provided a unique platform to the young minds to explore their ideas and imagination. The participants gave an overwhelming response and showcased beautiful emoji work in the form of wall hangings, coasters, pencil tops among various other innovative things created out of emojis.

Keeping in mind the fact "Words make you think and a song makes you feel a thought", the Vocal Music Department guided and trained the young maestros to put forth enthralling performances on meaningful songs like '*Itni shakti hame dena data*' and '*Khil khilaegii ab ye zindagi*'. Celebrating the overall happiness endeavor and promoting the singing talent of the students, these vocal music sessions advocated that music has great power and it touches the human soul in times of distress.

The Dance Department engaged the students in virtual dance sessions where in students swished and swayed to the beats of songs like '*Dil hai chota sa, choti si asha*' and '*We shall overcome one day*'. Each day resonated with themes and set an electrifying online ambience. Even in these unprecedented times, students pleasantly surprised everyone with their passion and active participation.

Bringing vibrancy and replacing unpleasant notes with positive vibrations, the Instrumental Music Department engaged the students in fulfilling interactions. These sessions proved to be extremely enriching as students played the musical instruments with expertise under the guidance of their teachers.

The enthusiasm and fervor among students could be witnessed through their motivated performances. Not only were the students able to gather insights by observing their teachers and fellow mates but they were also able to create a jubilant and adaptive mindset for themselves.