

HAPPINESS WORKSHOP REPORT

“ There is no path to happiness , happiness is the path.” - Gautam Buddha

As we become happier, we become more creative and energetic leading to more efficacy and productivity in the work place. Keeping the above in mind, Delhi Public School, Sector 45 organised a Happiness workshop on 13th Nov'21, conducted by an internationally acclaimed Happiness Coach, Mr. Puneet Rathi.

The workshop focused on the journey inwards to reach and acknowledge a state of happiness. The event, which was quite different from a regular workshop, was more experiential than theoretical. The resource person shared simple yet effective techniques to help the teachers keep themselves motivated and energised. The participants self-analysed their lives, their accomplishments and areas to strengthen and at the same time shared their life's moments and experiences with all. The workshop emphasised on practising gratitude and mindfulness to help the participants feel more positive and happy.

It was an informative and interactive session which not only helped the teachers to delve deeper into their own self to know more about themselves but also taught them to be happy individuals so that they are able to spread happiness to all the lives they touch.

