

REPORT

Peer Education Session **Happiness is the Key to Success**

On 15th November 2021, the peer educators of Delhi Public School, Sec 45, Gurgaon organized an interesting session for the students of grade VII on the topic 'Happiness is the Key to Success'.

Happiness is a sense of well-being, joy, or contentment. It is a feeling of pleasure and positivity. It has been linked to better decision-making and improved creativity. So, rather than success being the key to happiness, research shows that happiness could in fact be the key to success. Since happiness opens a person's mind to positivity and improves physical and mental health and wellbeing.

The session addressed the concerns and challenges related to the connection between happiness and success and tips to become happy were shared with them. Some of the other points discussed was that happiness is crucial for both physical and mental well-being of growing children.

Scientific studies have found that happiness makes us healthy, active, positive, patient, noble ethical, self -sufficient and self - confident. It is an established fact that the happiest people don't have the best of everything, they just make the best of everything they have. Happiness is a choice, not a result, therefore it is vital for students to understand that nothing will make them happy until they choose to be happy. Happiness comes from within and not outside.

The peer educators created a comfortable space for sharing the experiences of students and were guided to understand that success won't do them any good if they are not happy. The session was effectively conducted, relevant and engaging. It was very well received by the students of 7th standard.



