

# Happiness: The Ultimate Currency

Attendees: Pre-Primary teachers and Headmistress (Ms.VijayaDurga)

Resource person: Miss Sanjoli Seth

Date: 16-04-2024

Time: 4:30-6:00



The workshop guided the teachers about the happiness how happiness is a positive and pleasant emotion ranging from contentment to intense joy. There are three pillars of classroom

- Acceptance
- Engagement
- Live in the present

As acceptance is the first key of happiness acknowledge our emotions, accepting the reality of life. And how to overcome from the stress management,daily stress using the simple techniques like burn out from the work overloaded, emotional investment, classroom management, practice self-compassion. Coming to daily stress need to practice self-care and avoid multi-tasking. Cultivate positive mindset buy using positive words, collaborative, fulfilling, and purposeful. Hold on to the purpose, focus on work and balance work-life. Don't expect others to give compliments all the time, positivity always helps us in the toughest time. Always say yes to learning, growing, energy and good things in life.

The session ended with the quote saying that "Happiness is a state of being that is not dependent on external circumstances and never give up".