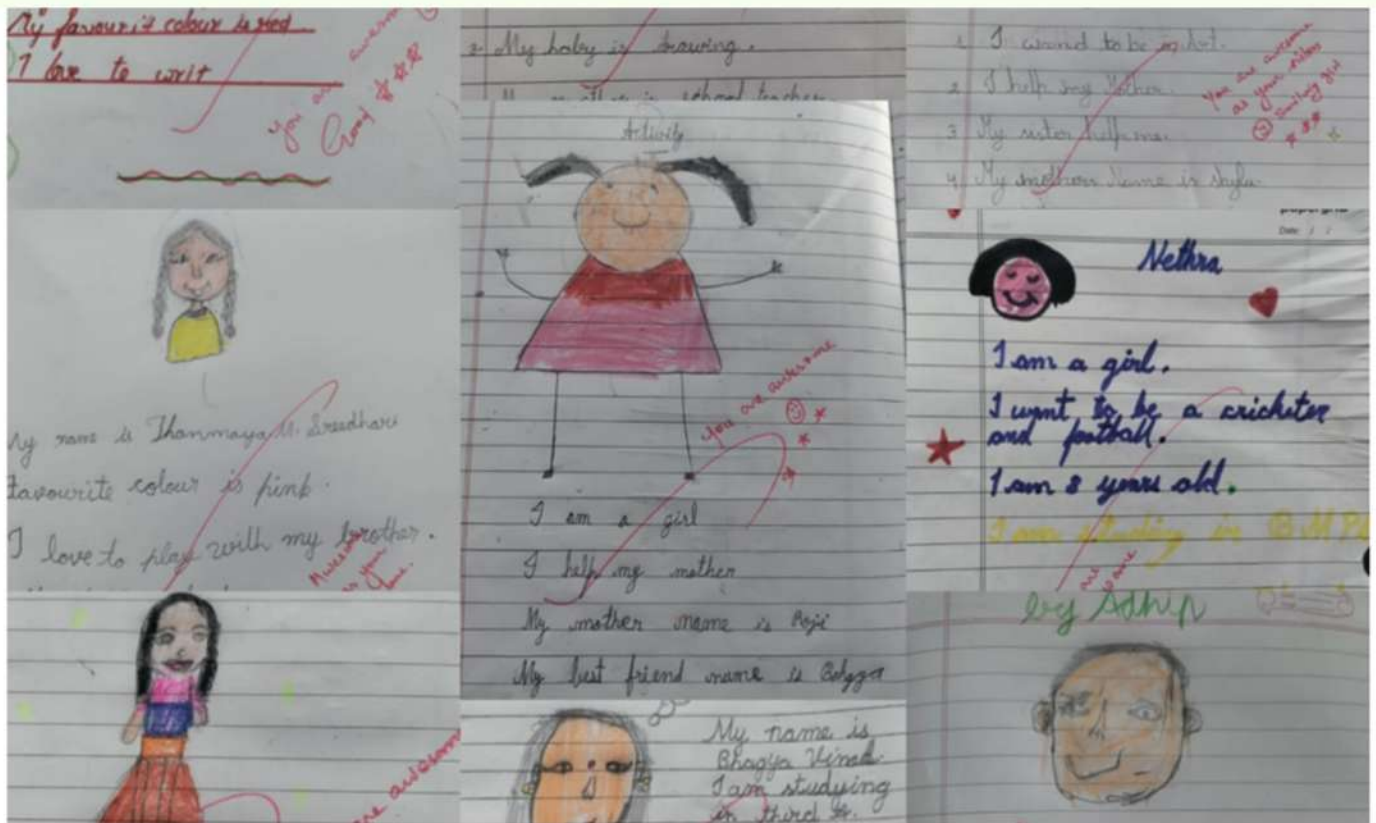




### Spotlight of the Month

*“Be your own biggest fan ; the journey to self- disclosure starts with self love”*



## EXPLORING IDENTITY THROUGH ART: SELF- PORTRAIT ACTIVITY

The self-portrait activity at Blue Mount Public School was a vibrant exploration of creativity, offering students a canvas to express themselves through a wide array of artistic styles, from realistic depictions to abstract interpretations. This initiative not only honed their drawing and painting skills—encouraging experimentation with new techniques and materials—but also fostered significant artistic growth and confidence.

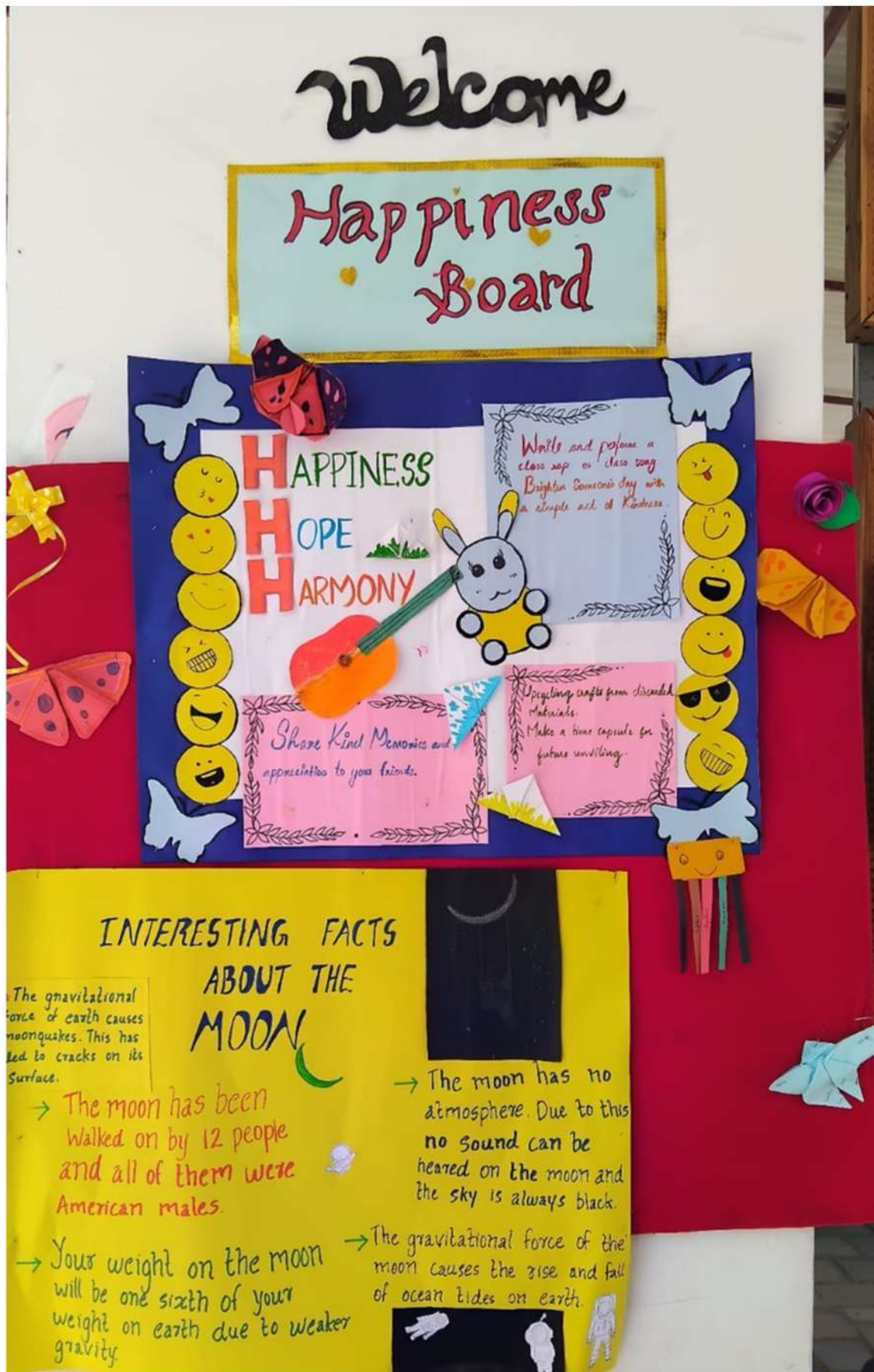
Beyond the technical achievements, the activity proved to be a powerful tool for emotional and social development. As students reflected on their personal experiences and aspirations while creating their portraits, they gained a deeper sense of self-awareness and empathy, engaging in meaningful discussions with peers about their artistic journeys.



## ENGAGING WITH JOY: STUDENTS ENRICH HAPPINESS BOARD

Under the Global Happiness Project, Blue Mount Public School proudly unveiled its new Happiness Board, a vibrant and interactive initiative designed to promote positivity and well-being within our school community. The Happiness Board features student contributions, including uplifting quotes, personal achievements, and acts of kindness, creating a daily source of inspiration and encouragement.

Students and staff actively engage with the board, adding their own messages and reflections that highlight the joy and support that permeates our school. This initiative not only fosters a positive environment but also strengthens our commitment to emotional wellness, reinforcing the project's goal of enhancing overall happiness and creating a nurturing atmosphere for all.



## "BLOSSOMING CONFIDENCE: THROUGH SELF-AFFIRMATION TREE"

The transformative Self-Affirmation Tree activity at Blue Mount School proved to be a profoundly impactful experience for its students. This creative project was designed to enhance self-awareness and boost self-esteem by encouraging students to reflect on their unique strengths and aspirations. Each student added a personal affirmation or positive quality to a collective art piece, resulting in a vibrant, symbolic tree that celebrated their individual attributes.

This collaborative endeavor not only illuminated the students' own potential but also fostered a deep sense of appreciation for their contributions. The completed Self-Affirmation Tree, now proudly displayed in the school, stands as a daily testament to the community's collective positivity and support. Students have expressed how the project significantly bolstered their confidence and sense of value, underscoring its success in cultivating a nurturing environment of self-affirmation and mutual encouragement.





## DREAM BIG: BLUE MOUNT STUDENTS EXPLORE THEIR FUTURE CAREERS

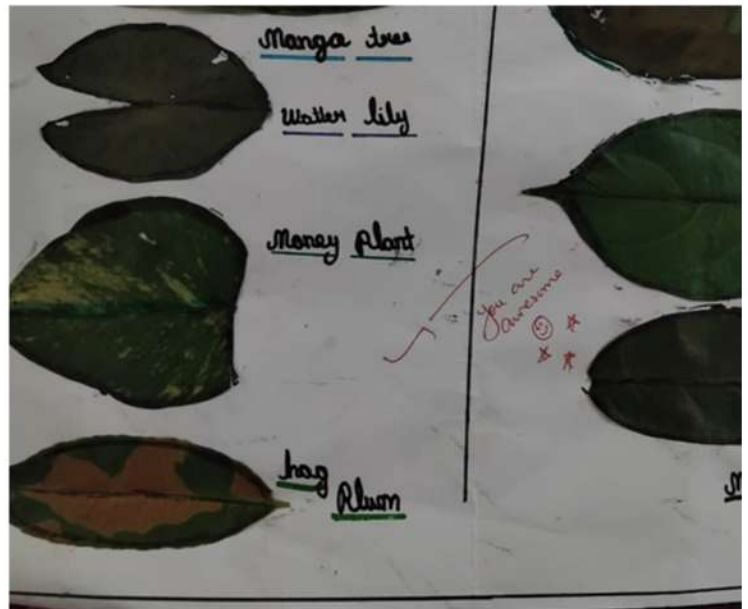
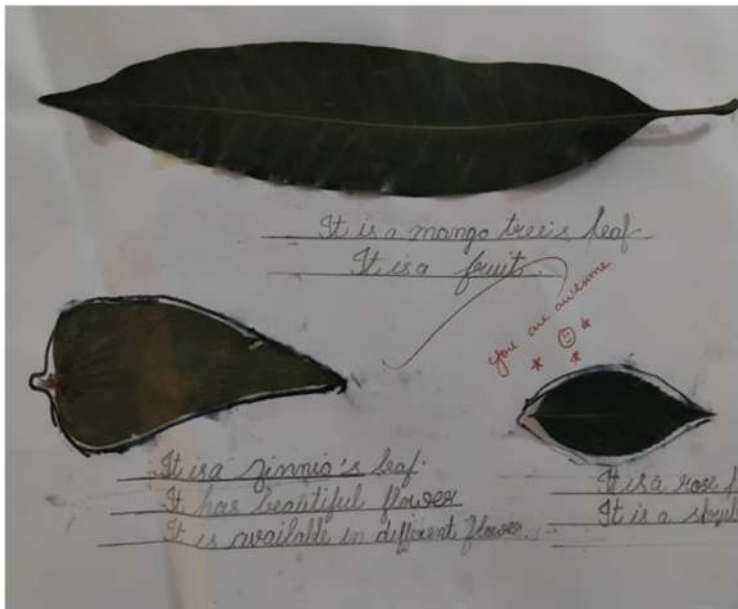
The "Dream Job" activity at Blue Mount Public School provided students with a powerful and inspiring method to transform their career aspirations into a vivid, tangible vision. By defining their ideal job—whether it was the role, industry, or type of company—they established a clear target for their future careers. Through gathering materials like magazines, newspapers, and digital tools, students curated images and words that resonated deeply with their goals. As they collected and arranged these elements, they were not just creating a collage; they were crafting a visual representation of their ambitions and dreams.

This creative process helped students focus on what they truly wanted, adding a personal touch to their career planning. Displaying the collage prominently ensured that their goals remained at the forefront of their minds, while regular reflection kept them motivated and adaptable. By updating their collages as they grew, students created a dynamic tool that evolved with them, celebrating and supporting their ongoing professional development.

## NATURE'S PALETTE: DIVE INTO CREATIVITY WITH LEAF COLLECTION ACTIVITY

As part of our Global Happy School initiative, we recently embarked on an enriching journey of leaf collection by students, which was a highly positive and educational experience, allowing them to explore and learn about various types of leaves firsthand. The educational briefing on the environmental benefits of leaves and proper composting techniques enriched participants' understanding and sparked a genuine interest in sustainable practices. The sense of community and teamwork was palpable, as everyone worked harmoniously towards a common goal. Positive feedback underscored the joy and satisfaction of contributing to a greener environment, making the activity a truly rewarding and impactful experience for all involved.

By actively participating in the collection, students gained valuable knowledge about different leaf types, their ecological roles, and the benefits they offer to the environment. This hands-on activity not only deepened their understanding of plant diversity but also fostered a greater appreciation for nature. The enthusiasm and engagement displayed throughout the event underscored its success in both educating and inspiring the students.

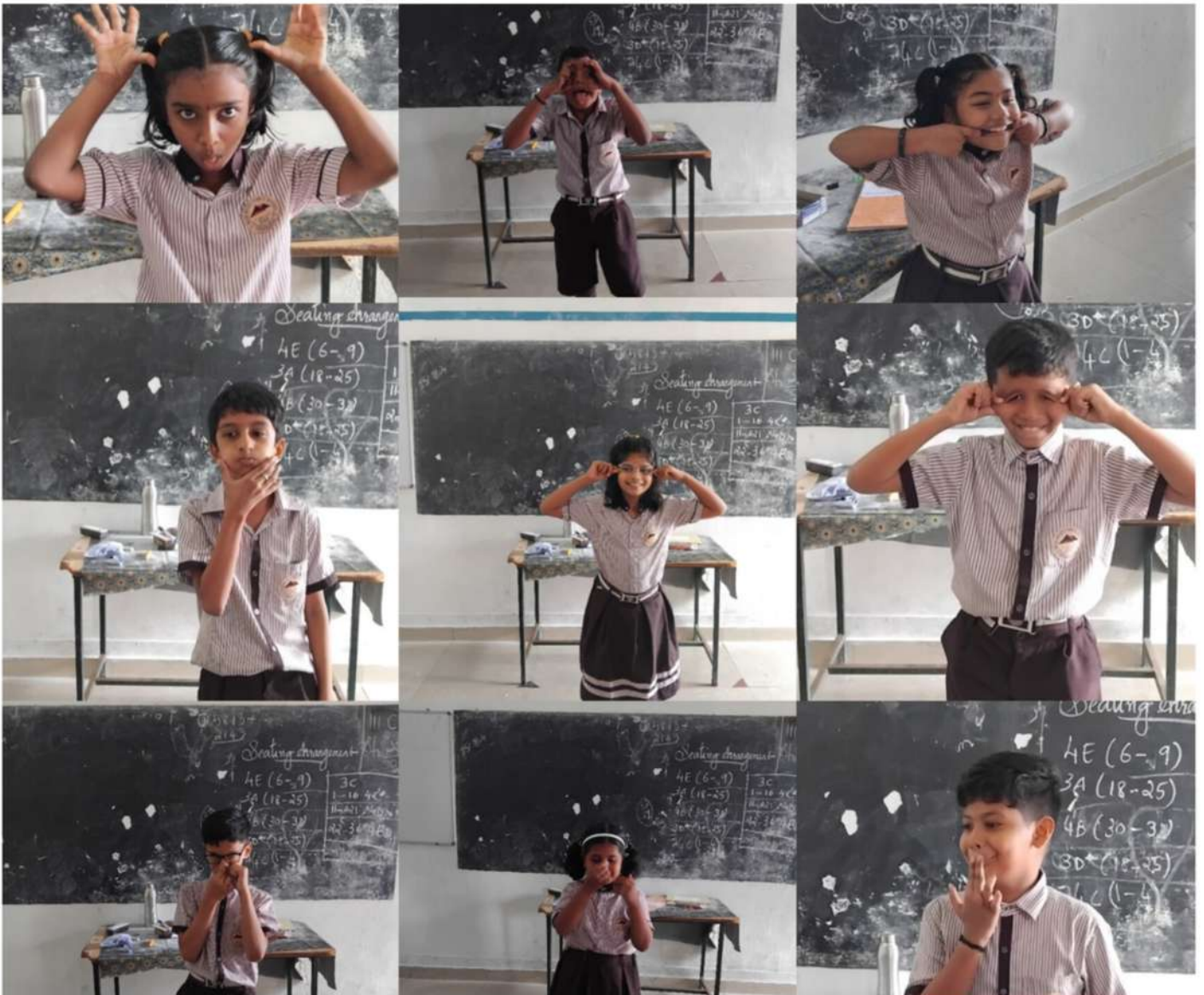


## BLAST WITH FUNNY FACE CONTEST

The Funny Face Contest held for 3rd and 4th standard students was a spectacular display of creativity and joy. The event, which took place on [Insert Date], was a resounding success, with students eagerly participating and showcasing their most

inventive and humorous facial expressions. The atmosphere was electric, filled with laughter and excitement as each child took their turn in front of their peers and judges. The contest not only allowed students to express their individuality but also fostered

a sense of camaraderie and fun. The students who were selected as the judges and the happiness coach, impressed by the originality and confidence of the participants, awarded prizes in various categories such as "Funniest Face" and "Most Creative Expression." Feedback from students was overwhelmingly positive, highlighting the event's ability to uplift spirits and enhance school morale. The contest's success underscores the importance of incorporating fun, creative activities into the educational experience, and sets a precedent for future events that celebrate student creativity and enthusiasm.



## A RAINBOW OF HEALTH: COLORFUL CELEBRATION OF NUTRITIOUS EATING

The Nutritious Rainbow Plate Drawing Activity at Blue Mount Public School, held as part of the Global Happy School Project, proved to be a resounding success, leaving students inspired and motivated. The activity was designed to promote healthy eating habits by encouraging students to creatively represent a balanced diet through colorful drawings. Each participant was tasked with illustrating a plate filled with a variety of fruits, vegetables, proteins, and grains, highlighting the vibrant colors of a well-rounded meal. From the moment the event began, there was a palpable sense of enthusiasm among the students. The classroom buzzed with excitement as children eagerly selected their art supplies and started their masterpieces.



The activity not only fostered creativity but also educated the students on the importance of incorporating a diverse range of nutrients into their diets. Through their artwork, students demonstrated a clear understanding of nutritional balance. The drawings were vivid and imaginative, reflecting a genuine appreciation for the concept of a "rainbow plate." Many students included detailed labels and explanations, showcasing their newfound knowledge about different food groups and their benefits. The event also featured a brief presentation on the significance of a nutritious diet, delivered by happiness coach. This informative session was well-received and provided valuable insights, further reinforcing the importance of making healthy food choices.

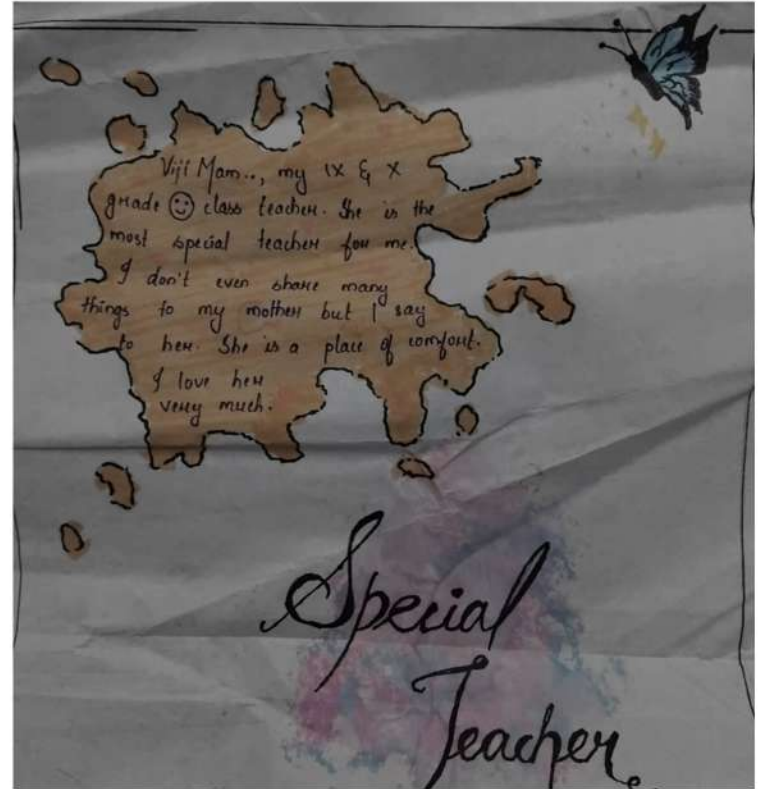


The Nutritious Rainbow Plate Drawing Activity successfully met its educational objectives while also fostering a sense of community and shared purpose among the students. The creativity and engagement displayed by the students underscored the effectiveness of the Global Happy School Project's approach to promoting healthy living.



## CELEBRATE THE TEACHERS WHO MAKE A DIFFERENCE: SHARING SPECIAL STORIES

In the recent newsletter, students recounted the significant impact their favourite teacher had on their life. They shared how their favourite teacher's unwavering support and encouragement have been a constant source of inspiration. Reflecting on past experiences, they described how teachers' with their innovative teaching methods and genuine care for each student made a profound difference in each student's academic journey. Their dedication not only helped the students to overcome challenges but also ignited a passion for learning within them, making their favourite teacher an exceptionally influential figure in each student's life.



## HEARTFELT REFLECTIONS: BLUE MOUNT STUDENTS CELEBRATE GRANDPARENTS' LOVE AND WISDOM

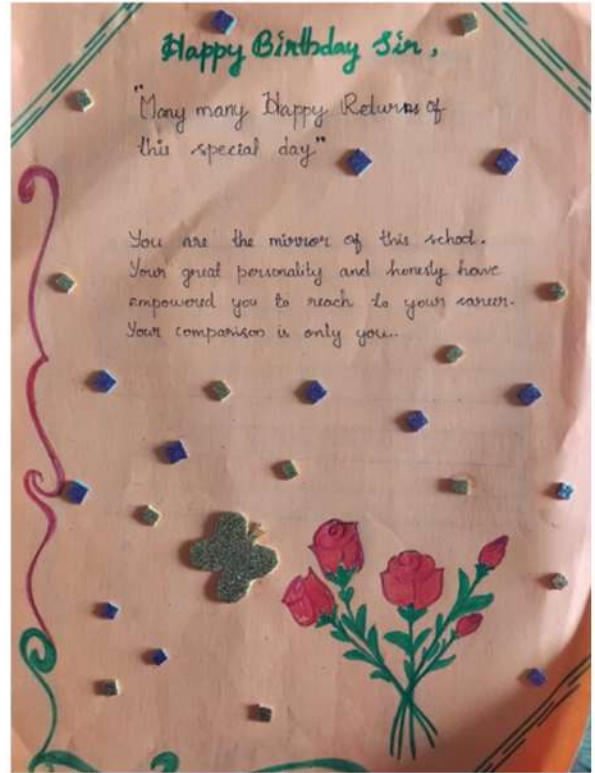


The students of Blue Mount are filled with immense gratitude as they reflect on the cherished moments shared with their grandparents. Their loving presence has been a constant source of joy and wisdom in each student's life. Remembering the heartwarming stories once told brings smiles to their faces—stories of adventure, love, and timeless lessons that have shaped their hearts.



## BLUE MOUNT FAMILY SURPRISE CHAIRMAN WITH HEARTFELT BIRTHDAY TRIBUTES

In a heartwarming display of appreciation and admiration, the Blue Mount family came together to celebrate the birthday of their esteemed Chairman, Adv. Vijayan sir, with a series of heartfelt tributes and surprises. The event, held on 24/07/2024, was a testament to the deep respect and gratitude the team holds for their leader. The day was filled with emotional speeches, touching stories, and personalized gifts that highlighted the Chairman's significant contributions to the company and his unwavering commitment to its success. As part of the global happiness project, students and their parents presented special gratitude cards, gifts, and letters to Adv. Vijayan sir.



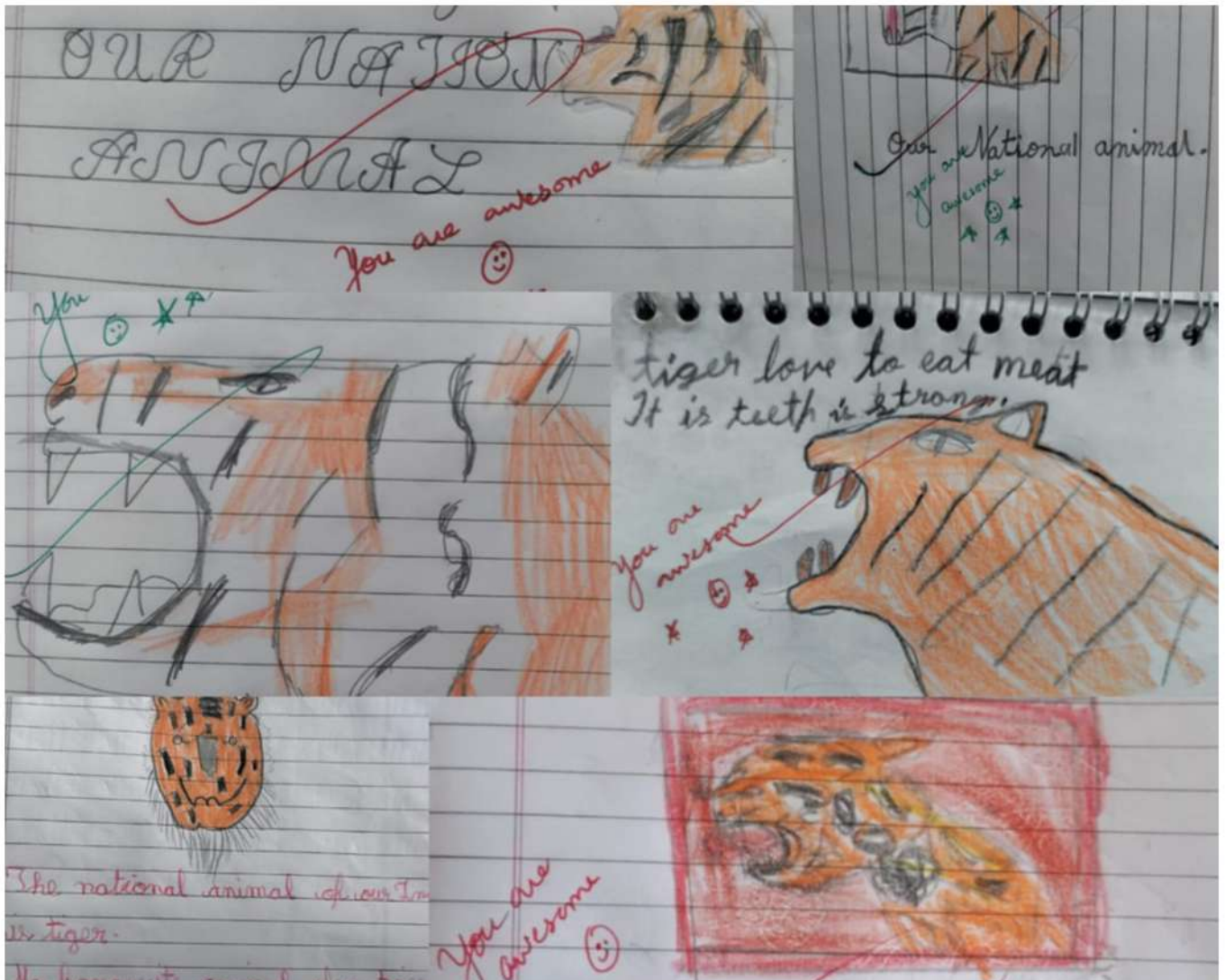
Blue Mount family members from all levels of the organization shared personal anecdotes and expressed their appreciation for the Chairman's guidance and vision. The celebrations featured a special video montage detailing the biography of Vijayan sir, and he was presented with various gifts, illustrating the profound impact he's had under his leadership. The heartfelt event not only honored the Chairman's birthday but also reinforced the strong sense of unity and dedication within the Blue Mount family. As the day drew to a close, the Chairman expressed deep gratitude for the outpouring of love and support, emphasizing his pride in the team's accomplishments and his excitement for the company's future endeavors. The surprise was a powerful reminder of the values driving the company and the exceptional people who make it thrive.



## CONSERVATION CREATIVITY: STUDENTS' IMPACTFUL NATIONAL TIGER DAY POSTCARDS

On National Tiger Day, Blue Mount Public School celebrated with a creative and impactful activity—postcard making. Students eagerly participated in designing vibrant postcards to raise awareness about tiger conservation. This hands-on project allowed them to express their creativity while learning about the importance of protecting these majestic creatures. The enthusiasm with which students embraced the activity highlighted their

growing commitment to environmental stewardship. The postcards not only showcased their artistic talents but also served as a powerful medium to spread awareness about the need to preserve tiger habitats. This engaging initiative was a wonderful way to blend creativity with conservation, reinforcing the importance of each student's role in safeguarding our planet's wildlife.



## ENHANCING COGNITIVE SKILLS WITH BRAIN GAMES



At Blue Mount Public School, as part of the Global Happiness Project, we are committed to nurturing our students' cognitive development through engaging and interactive activities. This month, we concentrated on brain games aimed at enhancing attention, concentration, and memory. The response from students has been overwhelmingly positive; they participated with enthusiasm and a genuine interest in the activities. Each brain game captivated their attention and showcased their eagerness to improve their cognitive skills while having fun.

This enthusiastic participation underscores the effectiveness of integrating such activities into our educational programs. By making learning enjoyable, we not only boost students' cognitive abilities but also foster a positive attitude toward education. We encourage both parents and teachers to incorporate these brain games into daily routines, reinforcing and supporting the skills developed in the classroom.



## TEACHER ENHANCEMENT TRAINING

### NURTURING WELL-BEING: A MORNING OF MINDFULNESS AND RESILIENCE



On the morning of July 4, 2024, Blue Mount Public School hosted a transformative mindfulness and well-being workshop led by Mr. Rahul RadhaKrishnan, Master Trainer & Hope Coach from Team GHS. The session, held from 10:00 AM to 12:30 PM, focused on integrating yoga postures, breathing exercises, and mindfulness techniques into daily routines to help teachers manage stress and improve overall health. Despite facing challenges such as a delayed start due to settling participants, technical -

difficulties with audio equipment, and some unprofessional attitudes like hurried departures, the workshop saw active engagement from all 100 teachers. The inclusive environment encouraged open sharing of personal experiences, fostering a supportive community that enhanced the learning experience. The session provided teachers with practical tools for fostering long-term well-being and resilience, proving to be a valuable and enriching experience.

### SAFEGUARDING OUR CHILDREN: EMPOWERING EDUCATORS WITH POCSO AWARENESS

In the afternoon session held from 1:30 PM to 3:30 PM on July 4, 2024, at Blue Mount Public School, Mrs. Saleena S., CEO and Director of the Nila School of Happiness, conducted an insightful workshop focused on the Protection of Children from Sexual Offences (POCSO) Act. The session provided an in-depth overview of the legal framework, detailing the provisions, legal implications, and critical responsibilities of educators in safeguarding children. Participants engaged-



with real-life case studies, allowing them to contextualize theoretical knowledge and apply it to practical scenarios, thus reinforcing their understanding of the POCSO Act's importance. The session highlighted the essential role of educators in identifying signs of abuse, implementing reporting procedures, and fostering a safe learning environment for students. While the session was well-received, with teachers appreciating the comprehensive information and practical insights, challenges such as a lack of initial awareness and engagement issues were noted.



## EVALUATING MENTAL HEALTH: DASS 21 ASSESSMENT AT BLUE MOUNT PUBLIC SCHOOL

On July 2, 2024, from 3:00 PM to 4:30 PM, Blue Mount Public School in Thottackal hosted an important session aimed at assessing the mental health of 85 participating teachers. The event began with a brief introduction outlining the session's objectives, followed by the administration of the DASS 21 (Depression Anxiety Stress Scales) test. This test was designed to evaluate the levels of depression, anxiety, and stress among the teachers, offering valuable insights into their mental well-being. The data gathered from this assessment will be instrumental in guiding future training and support initiatives, ensuring that targeted interventions are in place to address any identified mental health challenges. The DASS 21 analysis provides a clear picture of the mental health landscape within the school, helping to create a more supportive and responsive environment for educators.



## CONCLUSION

The Global Happiness Project underscores the vital role of nurturing emotional well-being and positivity in educational settings. By incorporating activities such as self-portraits, self-affirmations, growth gardens, brain games, poster making, and gratitude letters, the project not only fosters a supportive and joyful environment but also empowers students to develop a deeper sense of self-awareness and resilience. These engaging and reflective activities encourage personal growth, creativity, and a positive mindset, which are essential for holistic development. The emphasis on emotional wellness through these diverse activities enhances students' overall happiness and equips them with valuable life skills, ultimately contributing to a more compassionate and vibrant school community.

## RECOMMENDATIONS FOR AUGUST

### MINDFUL BREATHING

Encourages individuals to focus their attention on their breath, helping to cultivate a sense of calm and presence. By taking slow, deep breaths and paying close attention to the inhalation and exhalation process, individuals can reduce stress, enhance concentration, and promote emotional well-being.

### STRENGTH CARDS

Help individuals recognize and cultivate their inherent strengths, reinforcing a positive self-image and boosting confidence

### EXPLORING EMOTIONS AND RELATIONSHIPS

Helps individuals manage their emotional responses, build resilience, cultivate emotional intelligence and deepen one's understanding of relational dynamics and foster healthier connections.



## **SELF-REGULATION**

Manage and control one's emotions, thoughts, and behaviors in order to achieve goals and maintain well-being.

## **BUILDING CONFIDENCE**

Recognizing and leveraging strengths, and through consistent practice of confidence-building techniques, to enhance self-esteem and achieve greater personal and professional fulfillment.

## **GOAL SETTING AND FUTURE PLANNING**

Provide direction, motivation, and a clear roadmap for reaching desired outcomes.

## **JOY JAR**

Designed to enhance happiness and mindfulness by focusing on positive experiences and moments of gratitude.

## **MIRROR GAME**

Designed to spread happiness and enhance connections among participants

## **SELF-APPRECIATION LETTER**

Valuable exercise in self-care and personal development which involves acknowledging and celebrating achievements, strengths, and qualities. It fosters self-compassion, boosts self-esteem, and enhances overall well-being.

## A HEARTFELT REFLECTION FROM THE HAPPINESS COACH



Welcome to the Global Happiness Project! As your Happiness Coach, I'm excited to embark on this journey with you. This initiative is all about fostering joy, positivity, and personal growth through a variety of engaging activities. From exploring your creativity with self-portraits and dream job projects to enhancing your well-being with brain games and gratitude exercises, we are here to support each of you in becoming the best version of yourselves. Activities like our Growth Garden and Tiger Day poster-making will also help us celebrate our achievements and school spirit. Together, we will build a vibrant and supportive community where everyone can thrive. Let's embrace this opportunity to spread happiness and make our school a place where joy and growth go hand in hand.

I am thrilled to extend my deepest thanks to each of you for your incredible cooperation and enthusiasm. Your positive energy and active participation have made our journey together truly rewarding. Working with such a dedicated group has been an absolute pleasure. Your openness to new ideas and commitment to personal and collective growth has been inspiring. Thank you for your continued support and for making our collaborative efforts so impactful. Here's to many more moments of joy and success together!

A pleasure to serve you ahead,

Rihana A K

Happiness coach

Nila School of Happiness

