

## HAPPINESS CURRICULUM

Dear Parents

We all are dealing with stressful and conflicting situation amidst Coronavirus Lockdown. With online classes we have been able to overcome the academic loss to an extent. However the holistic education of the child includes self awareness and mindfulness. Keeping this in mind we are reaching out to you through online platform with "Happiness Curriculum". In this "Every Home a School, Every Parent a Teacher" initiative Happiness class will now be conducted at home for students with the help of their parents. Students can indulge themselves in meditation along with variety of exercises and various fun activities including story-telling. During this daily Happiness class parents will be guided through step by step assistance through pre-recorded audio messages and live online videos. Happiness class will help the learner build meaningful relationship and develop a bond with their parent that will last forever. Thought-provoking activities will turn the home atmosphere positive and enhance learner's emotional well-being and help them lead happier lives.

LINKS FOR HAPPINESS CURRICULUM

<https://youtu.be/rN86SEQLZqk>

<https://youtu.be/YjUxUOT8Kpg>

**PARENTING IN THE TIME  
OF CORONA - SESSION 3**

# HAPPINESS CLASS FOR FAMILY

Launch today at 4pm, by:

**Manish Sisodia, Dy. CM**

Binay Bhushan, Director Of Education  
Shailendra Sharma, Education Advisor  
Avinash Jha, Happiness Teacher

with

- ▶ Demonstration of Happiness Class
- ▶ Guide to conduct Happiness Class at home

**DAILY 4 PM • LIVE**

▶ Youtube: Delhi Government

▶ Facebook: Fb.com/ManishSisodiaAAP

Tweet your questions with **#ParentingInLockdown**

