

Live Happy 

Discover The Message Within And Share.

Newsletter

No. 1

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Assagao - Goa

January - May



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Felly Gomes

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Dear Reader,

As a community based NGO Live Happy is working for the prosperity of the locals by believing in creating awareness on the basic issues and manifest the solution based on a local asset since the last eight years . We are so fortunate to have a wonderful team and most importantly our volunteers who work tirelessly to execute the projects. This newsletter is a glimpse of reality done by us in the last months. There's much more to achieve in upcoming projects. Let us work together to protect, preserve and restore our motherland!

Dear Reader

TWO LIVES is a sustainable - social project which Foster interest in learning and exchange the heritage and culture. It was created to support in economic level the social projects carried out by the LIVE HAPPY NGO.

TWO LIVES provides and facilitates cultural exchange services between different countries and India through:

1. Promoting sustainable tourism
2. Workshop in countries to foster knowledge and experiences.
3. Online exchanges between students in both countries. we connect schools and create platform for interacting and gaining knowledge of cross cultural topics.

Beatriz Contreras
**Co-Founder Live Happy
NGO**



Felly Gomes

Founder Live Happy NGO

Dear Reader

"It takes a village to raise a child" – African Proverb.

Live Happy-Learning Classes embodies this phrase. "Sustainable living" is conversation reserved for adults. Paradoxically sustainable development in itself speaks of a collectivistic approach. That's why Live Happy targets

grass root level- The Children, simply because the kids of today become the adults of tomorrow- our future society. We at Live Happy have created such type of venture that not only facilitates learning at the academic level, but also aims to provide quality and holistic nourishment of the child.

Mariah Lobo
Project Coordinator

Testimonials

Sarita Knabe (Volunteer from Germany 2018/19)

Hey, I'm Sarita Knabe, 19 years old and from Germany. After graduating from high school in July 2018, it was clear for me that I wanted to discover a new world outside of my hometown and my daily life. Having heard lots of stories of my father's time in India and especially Goa, I knew that was where I wanted to go. I started researching and found the German organization "Internationaler Bund" that offers the program "weltwärts" and read about Live Happy on their website and instantly I knew: that's it!. I don't really know if it was destiny, but apparently it was meant to happen and the preparations passed in a blur for me. Working with Live Happy is an adventure every single day. I get to know great people and the work fields are very diverse which makes it incredibly fun and interesting to work. Us volunteers were given a lot of freedom and the possibility to take matters in our own hands which I like a lot – we were able to start our own programs as dance classes or exchange projects. Getting closer to the kids and being able to



form bonds with them is great and I know that I'm going to miss all this terribly. Live Happy and Goa in general taught me so much and still continue to do so. Honestly, coming here was the best decision of my life. Thank you Goa, I love you.

David Weber (Volunteer from Germany 2018/19)

My name is David Weber. I do my voluntary social year with Live Happy for one year. When I arrived in India in September 2018 it was one of my greatest steps I ever did. It was the first time to live separately from family and friends in Germany. The idea to come to India came a long time ago. First it was only a vision then there was the question what I like to do after finishing school. There were thousands of opportunities. One I start to study or option two I take a gap year. Now my long vision came back into my mind. Why don't I go to India? Already in Germany I worked together with kids organizing group hours and camps. I follow up with my passionate work here in Goa. For me it was important to get freedom in my work and in my life. Live Happy gives me the opportunity to explore new horizons and new borders of my physical and mental body. The diversity of work in Live Happy creates an unforgettable experience for me. All in all I don't regret this year and I recommend it for everyone.



January



Learning in a relaxed way - Live Happy Learning and Skill building classes for financially backward kids

Educational Empowerment of the children: To provide extra help to students for homework and better learning through special attention for each child. In our skill building sessions children are educated and made aware about different life aspects through art, workshops & talks by our volunteers, games and other cultural activities. We also rolled up an Interchange program with a school in Germany and Spain in which the kids exchange about different cultural aspects through writing letters, drawings and yoga.



Helping Mother Nature - Community Awareness sessions: Clean up at Badem Church, Assagao

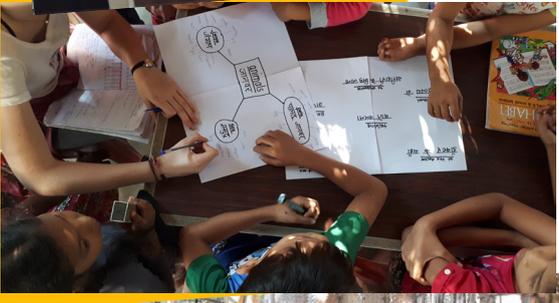
Creating awareness among the volunteers and community to make them better citizens of tomorrow. Clean up drive at Badem Church, Assagao. We provided the actual Clean up drive and later we came together for an awareness cultural program via the guideline: Preserve, protect and restore.



February

Enjoying to learn - Live Happy Learning and Skill building classes

To provide extra help to students for homework and better learning through special attention for each child. With growing recognition of Live Happy learning classes, new students have been coming for tuition classes. We brought up a pre-school program, for those children who have not taken admission in schools yet because they are unaccustomed to English language. In our skill building classes children are made aware of different life aspects through art and music, workshops, educational games and other cultural activities.



Celebrating the Earth - Community Awareness sessions: Clean Up drive at Badem Church, Assagao

Clean up drive and awareness cultural program: Preserve, protect and restore.

Live Happy children and Live Happy staff along with students from El Shaddai participated in the clean up drive at Badem Church, Assagao. Refreshments were served once the clean up had been completed, followed by an interactive session between the two organisations where waste management was discussed and games were played and concluded with a sing along.



March

Giving something back to our Earth - Community Awareness sessions

Clean up drive and awareness cultural program via the message: Preserve, protect and restore.

Live Happy staff along with locals participated in the clean up drive at Badem Church, Assagao. We served refreshments after Clean Up. Then everyone was invited to discuss about waste management and playing games.



Showing all our colours – Holi celebrations

Expression with colors. Even though Holi is known to be the festival of colors, the real message sometimes gets concealed, the message of love and happiness. We are trying to help our children to express this very love and happiness by themselves (in a positive manner) with free flowing use of colors. Community building and inclusion. This Holi we want to stress that no matter where you come from, what is your background, a strong community is one that has strong solidarity. We can only move forward together and not alone.



Getting to know a new culture - Intercultural dialogue and experience

Our German volunteer David conducted an exchange program with students from Spessart, Germany and our kids from Live Happy. We had a Skype video call where the kids interacted with each other and asked questions about cuisine, art culture and historical heritage. The conversations were supervised and translated by the volunteers present and both parties taught each other numbers in their native language.



Enjoying a new kind of music - Flamenco Music workshop

Flamenco Music was performed by musicians, Raul Sengupta and Alessandro Martin. The children were taught about the type of instruments used and given a brief understanding about Flamenco music and the artists themselves.

April



Moving like a Ninja - Capoeira

Capoeira is a form of martial art that combines three different aspects: dance, acrobatics and music, coming from Brazil. The students were briefed about what is Capoeira and its background, how it is sometimes used as a self defense mechanism and most importantly used as a form of exercise.

This workshop contained traditional Capoeira musical instruments/singing, performance by the experts and teaching of basic and specific movements associated with Capoeira. We say thank

you to Capoeira Goa and the trainers Axé, Medio and the volunteers.



Bring story to screen - Cartoon Workshop

We had a visitor from Russia for a short period of time: Katerina. The workshop was aimed at creating a cartoon from characters created by the students, these were of their self and what Live Happy meant to them. Stop motion photography was used to put the stagnant pictures together to create movement among the characters. The children not only took part in the conceptualization of the story line, but also took part in the shooting, helped set up the equipment and even recorded sounds for the effects to be added later.



April

ENJOY THE SUMMER- SUMMERCAMP 2019

We offerd Music, English, Math, Computer classes and many Workshops. The Summer Camp was handled by our German Volunteers along with the Music teacher Jonathan Furtado.



FEELING THE BEAT WITH KARAN KOSLA

Karan Khosla is one of India's well known Jazz musicians. He had an interactive session with the kids.They spoke about his passion for music and how he came to be in this field. Mr. Khosla also entertained us by playing some music for us. It was a unique and fulfilling experience for the Live Happy team and the students.



DISCOVER HISTORY: WARLI (TRIBAL) PAINTING AND YOGA

1. Warli (Tribal) Painting and Yoga
Warli is a tribal art form that is found in Maharashtra, known to be created by the northern tribes found in India. The children created their very own Warli Art.
2. Fun interactive Yoga session, a different approach to teaching children yoga. Our instructor Ilka Müller-Patham came up with a yoga session that was based on visualizing a story line of walking up the mountain or things like swimming.



FLYING WITH THE BIRDS -KAOJ AAO NATURE EXPEDITION

The children had a fun interactive session to learn about birds and their natural habits. The students learned about names of body parts of birds through a sing along. Educational game activity was conducted to understand the importance of habitats of birds. The children were taught about binoculars and artwork was made using recycled materials.

Imprint

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