

Live Happy



Discover The Message Within And Share

Newsletter

No.3

January-June



Activities with
the children at
Happy Home

Introduction
of the Live
Happy staff



Discover The Message Within And Share

Who we are

We are LIVE HAPPY NGO, from a small village- Assagao, Goa- India.

We strive towards bringing about eclectic solutions to societal problems through a Sustainable Development model.

Therefore our motto is to promote and achieve social empowerment by implementing a child-centered community approach.

Aligned with this mission we have a number of projects that run simultaneously to achieve this goal.

These are manifested into three main projects:

1. Live Clean

- Hosting regular clean up drives and waste awareness programs in public/ tourist spots for a clean environment, in a effort to promote responsible tourism.
- Aid in waste management techniques and provide materials for awareness, within the community, in collaboration with different government organizations and public welfare bodies.
- Permaculture project, providing a medical herb garden and awareness for the rich biodiversity of Assagao

2. Live Empower

- Learning classes, addresses the need for quality education among underprivileged children.

This venture is an attempt to fulfill the UN development goals for third world countries, for nurturing of the child's holistic growth.

- Awareness programs that seek to educate the masses about relevant topics in society like basic human rights, hygiene issues and empowering the girl child, to name a few. This is done by approaching local organizations like schools and colleges in aiding them to achieve this goal.
- Organizing and executing heritage walks through promotion of heritage tourism. This is an attempt to preserve and protect the essence of Goan-ness, teaching people about culture and tradition to be implicated in business models.

3. Two Lives project

- Providing cultural exchange programs for students from around the world to volunteer with our NGO for long term projects.
- Approaching different institutions abroad and at home to be trained and involve themselves in Social Welfare/Work

The pandemic has been an overwhelming situation for everyone, it is new and thus measures to take care of people in such a situation are not in place. So when the time came to make ration available to 13 thousand people of Assagao including migrants who reside in rented spaces and those that work in construction sites. It was difficult for the local governing body and the migrants were ignored. This is where we stepped in. On the first day of the lockdown, I along with a few volunteers distributed ration to people who we knew were in need. This distribution made me realize that we need to know the number of people that need our help in order to help gather resources. Thus we began the long process of collecting data through an online form. In the months of April and May, we fed 1049, more than once. Since our focus is to create a child-centered sustainable village we decided to spread awareness about waste management through a wealth out of waste contest and now we are currently in the middle of our Green champions contest. Both these contests have helped us reach out to open our doors virtually to the children of Assagao beyond those that attend our classes. This newsletter will provide you more information about our work during COVID 19



Felly Gomes
Founder



Beatriz Contreras Milla
Co-Founder

If six months ago someone had told us everything that was going to happen to us locally and internationally, we would not have believed it. On March 14, 2020, we received a call from our teachers to inform us that schools have closed due to Covid19 and that we should suspend classes. The children's faces were that of surprise and at the same time of certain happiness because they wouldn't have to answer their exams. And there was a hint latent the uncertainty about what was yet to come.

Our volunteers from Germany were called to forced evacuation, they have been great support this year with the students in the project. Our coordinator has to start to work from home...All in all the pandemic has given us the opportunity to learn to adapt to new ways of working and to interact. Live Happy advocates sustainability as a solution for the future to respond to possible emergency situations like these. We must " Preserve, protect and restore", to get the resources we need in our environment, in our home. We call this GLOCAL, local work, and global impact. Live Happy, will continue working on the education of the children of Assagao, our future, who can follow these attitudes and set up an example for future generations. Next year we will have the presence of new professional profiles added to those we have: counselor, mindfulness teacher, music teacher, Bookworm, permaculture, and introduction of new technologies, local and international interns in collaboration with different universities. Looking forward to opening our classes



Talasha Sawant
**Project Coordinator &
Counselor**

As you all are aware the last academic year had to come to an abrupt end because of the pandemic. Our plans post-exams i.e. summer camp could not be brought to life. And although the situation at hand is fear-provoking, we are moving forward with a lot of hope for a better future. We have a whole academic before us, for which our planning has already begun. We have started our admission process for the new academic year. I have been personally meeting students and parents, whilst maintaining social distancing, to orient them about how we function and in the process also getting to know them more. Although we won't reopen until school reopens, it is important for us to know the strength of students we will have along with their ages and classes to facilitate better planning. I am looking forward to a year of growth and learning.



January



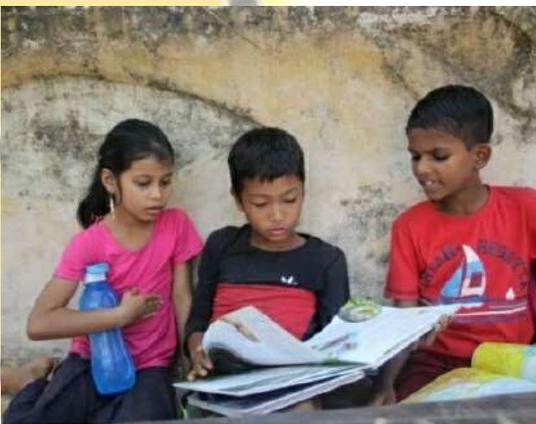
Learning Today For A Better Tomorrow.

As the exam season begins, the Live Happy tuition provided preparatory classes for the students from 3rd January onwards with continuous tests and revision so that they were fully prepared before their exams. We also had brief intervals during their study sessions, in order to give them a break and refresh their minds. We had observed that few of our students needed more attention and help and since we have just few helping hands, it was decided that it would be helpful for more volunteers to guide our students particularly during the hour of tuition.



Talk on Cleanliness

On 6th January Advocate Benny had visited our NGO in order to explore with our children how they could make the planet cleaner and greener in their own way. In this interactive session, He explained to our students how they should handle their waste disposal, what happens to the improperly discarded waste and how this toxic cycle affects the well-being of the entire planet.



An Escape To The World Of Books

Live Happy collaborated with Bookworm Library Goa on 11th January to provide our students with interesting, insightful and interactive reading. For the month of January, Bookworm Library has loaned us 43 books that would be swapped out every month for new books. Resource persons would also appear from the bookworm library to have story reading sessions with the children. On 24th January Neha Mundhra, who is author of the Kyo and Obi novel, held a story reading session with our students. She read the story from a book called "The Tangerine of mindfulness".



Vipassana Meditation session

On 25 January, Goa Vipassana Trust held a 70 minute meditation session with the students. In this session children learned Anapana meditation. In addition to helping children calm down and concentrate their thoughts, Anapana helps them to fully understand themselves and give them an insight into the workings of their own minds. Because of its simplicity children find the technique easy to learn and use. A 10 minute Anapana session is conducted to relax the minds of our students before we begin our classes.

February

Mindfulness and team building

Sasha Braganza had visited our NGO multiple times during the month of February to help our students learn more about themselves as well as help them function as effective team players. She has a wide range of experience with children. The activities she conducted were Group Dynamics, Communication and Expression and Mindfulness.



Session on Permaculture

On 7th February, Nishey and David hosted a session to help our students learn how to mix the soil, and also taught them how to graft various plants. They also helped students mix soil in our ayurvedic garden and gave them a lot of information about the ayurvedic saplings they had planted back in December.



Conflict resolution

On 13 February, Sorayyah Kanji held an interactive session for our older students aged 12 to 15 years on conflict resolution. She made the students understand what conflict is, how they react to a conflict and how they can cope with conflict. The session's subjects were addressed by videos that not only lightened a subject that might normally be serious but also made the students better understand the meaning the speaker was attempting to express.



Get book smart!

Malcom and Anandita, both Bookworm Trust volunteers, have been conducting sessions on 4th, 18th and 27th of February between 4 to 5.30 p.m. on topics like how to take care of a book, how to repair a book if the pages have been torn, they had also taught them about the various parts on the cover page of the book. They had conducted three sessions where they taught them how to make lending cards and introduced a new concept of Book Talk.





Reuse, Reduce, Recycle- A Wealth out of Waste project

Our German Volunteers, Maximilian Weid and Selma Kleinau headed fun art projects for the students. On 7th February, Maximilian helped the students craft planters out of plastic bottles. After the students added their artistic touch to the plain bottles, seeds were sown in them with the help of our volunteers. On the other hand, on 19th February Selma helped the students craft masks for the festival of Carnival. This art project was created with the help of old and used areca nut plates. The younger students were given a choice between three masks and Selma created templates of all the pieces. The older students were also given the same options in masks and they were given the freedom to make masks of their choice.

Field trip to Sensistan - an art and tech museum

On 15th February, the staff and students decided to visit a museum after the completion of their exams as reward for their hard work. Sensistan is a museum of art and tech offering immersive and interactive environments that broaden the senses of people by integrating technology and interactive art. The Sensistan team helped students understand the science behind all the installations as well as gave them an insight into the material that were used.

Say Hello! to our new assistant tuition teacher

Live Happy decided to hire an assistant tuition teacher to assist the present tuition teacher as well as to teach the students. Ruchika Pednekar was hired as the new teacher .With her help we could provide more individual attention to our studnets.



March



Holistic Learning Classes Exam preparation

Our tuition teachers Tr. Lourdes Machado and Tr. Ruchika Pednekar worked hard to help our students prepare for their final exams. We had extended our tuition hours to cover up the portion and have continuous revision of the same. During the breaks, our volunteers had fun activities planned for the children and classes ended with a 10 minute meditation. Due to the pandemic, our tuition classes were suspended from 16th March. However, our coordinator has been in contact with the families of our students, inquiring about their well being, their ration and providing them an opportunity to ask for assistance in whatever they need.

Sailing Away With Books.

On March 6, we had Malcom, from Bookworm conducted a session for the students. He began with the opening circle and then went on to encourage the students to return their previous books that they had taken home to read and trade for new ones. He also read them a book, and then asked two volunteers to discuss the books they had read in the previous week.



International Women's Day Celebration

On 8th March, we celebrated International Women's Day in collaboration with Project Tres, a self help group and NGO that works towards the empowerment of women. We had nearly 150 people that day. A group of five Live Happy students performed a traditional dance to welcome our guests. We had a DJ, a compere and a choreographer who helped the ladies have fun. We also had Dr. Neha Khadpe, a gynecologist and obstetrician who spoke about women health and hygiene and how to maintain it. We had a discussion with our 3 panellists, Dr. Neha Khadpe, Harsha Kamblu and Synora Dantos, about their work, challenges they faced and their view on equality. The moderator for the discussion was Dr. Kiran Popkar. Live Happy, Project Tres, SaniTree and Eco-Products put up a small market displaying their products, spoke about their projects and sold goods as well. An award ceremony was held for all the local empowered ladies for their courage and contributions. The event ended with a fashion show, which launched Meraki, a female clothing store by Rupa Niloji, Vice president of Project Tres.



Lets play Holi!- An Online Holi Awareness Campaign

We decided that this Holi, we would create awareness in our online community about a sustainable Holi celebration. As Holi is celebrated with powered colours which contain toxic chemicals which harms animals and sometimes these colours are mixed with water which leads to a lot of wastage of water. Our volunteer Selma created an array of posters on how to create chemical free colour right up to water preservation. In this way the Live Happy team celebrated a sustainable Holi.

Suspension of all activities at the NGO and saying goodbye to our German volunteers.

Since 16th March the Live Happy Office is shut down due to the pandemic. Our team has been working from home, making calls to the parents of our students, following up with emails and other office work. We bid farewell to our volunteers Maximilian Weid and Selma Kleinau on the 31st of March as they headed back home to Germany following their government's protocol. We are grateful to them for spending the last few months with us and undertaking projects that we couldn't have undertaken without their help and support.

Extending the support of Live Happy to the community in Assagao during Covid-19

Live Happy had to do something to help the community during this time of crisis, so the founders along with a team of people from the village began identifying people that were in dire need of food in the village. We began collecting data about families that needed help. The information was sent to the coordinator, she then separates all these individuals based on their wards/areas. All this ensures that we don't miss out in families as well as it makes it easier for food distribution. The food provided so far is all generously donated ingredients by people.



April

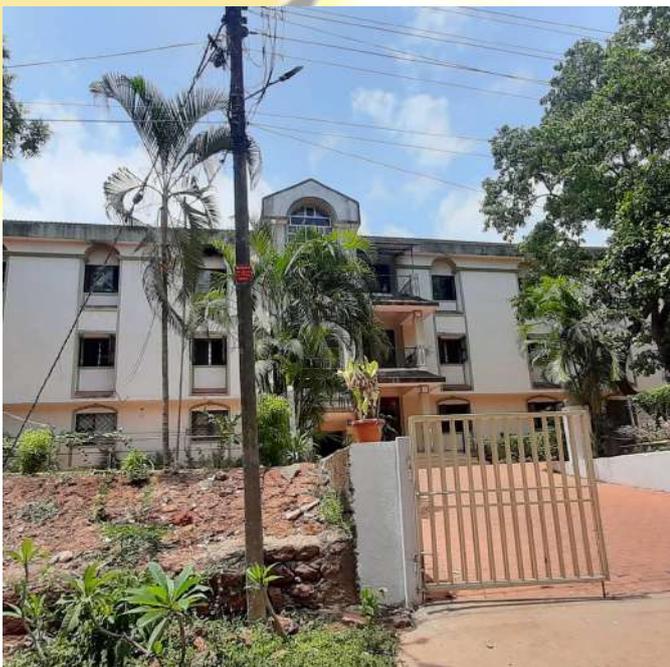


Covid-19 Food Relief Project

The project was implemented to respond to the food crisis in Assagao due to Covid-19. The Aware Citizens group Assagao and Live Happy had taken up the task of making sure that no family goes hungry in Assagao. On 1st April we decided to collect data from migrant labourers, the elderly and those in need of our help via a Google form. In April we had managed to collect information from 235 families in Assagao, 16 from Guirim and 1 from Mapusa. On 3rd April the data was submitted to the collector to procure ration, funds and governmental help. On 10th April, the collector personally looked over the distribution of goods and ration that was given to 400 people that day.

Get Creative in Quarantine

A donation of 500 Fanta bottles towards the Assagao Food Relief Program was distributed in the community and brought cheer and delight to everyone. However, this would generate a lot of unsustainable waste. To curb the situation we decided to host a Wealth out of Waste contest for the children of Assagao. We aimed to create awareness about waste management among the children. The data of the participants were collected via a Google form and after completion, a picture of the artwork with their name and a small description about the materials used were to be sent through Whatsapp by the 3rd of May.



Pizza Party for the children at ASRO

Our founder, Felly Gomes, with the help of Puja Mitra from Terra Conscious, decided to host a pizza party for the children. We had Fanta sponsored by Starling Dsouza and pizzas from Sarayah. The Live Happy Team along with a representative from Terra Conscious delivered the pizzas and Fanta bottles to them. Our founder also entertained them with a small music session and informed them about the wealth out of waste contest and how they could be a part of it.

May

Doing our bit for our community.

On account of the pandemic, The Aware Citizens Group Assagao and Live Happy have taken the role of ensuring that no family in Assagao goes hungry. Since 1st May a small team of around 5 people from varied backgrounds, the students and their parents had taken up the task to address the need for food in different pockets of Assagao. We were able to feed 289 people more than just once. We also provided sanitary napkins to 50 families in Assagao.



Pizza party for children at Don Bosco Orphanage, Uccasaim

On 1st May, Terra Concious and Live Happy decided to host a small pizza party for the children at Don Bosco Orphanage. During this stressful time a pizza party would help release the tension and bring joy and happiness to the children. We had Fanta sponsored by Starling and Pizzas from Sarayah. Our founder Mr. Felly Gomes delivered the food and drinks to them and also told them how they could be a part of the wealth out of waste contest.



Reading never stops.

As the lockdown eased in Goa, we had Bookworm visit our NGO on the 5th, 12th, 19th and 26th and open the services of exchanging books once again to the students. Wearing masks at all times is made compulsory, Bookworm also ensured that they sanitized their hands before entering and they brought new sets of books for the students to read. They also gave students fun activities to keep them busy at home such as bingo and art and crafts activities. They have informed the students about COVID-19 and have asked them to write articles about their knowledge of the virus.





Wealth out of Waste contest

The contest was a grand success. We had a total of 123 participant families and 189 individual participants. To us all our participants are winners. As we had limited special prizes, a lucky draw was held wherein out of the total number of participants 40 children had been selected. The 40 lucky draw winners received a pizza from Saraya, two maggi packets, a Fanta bottle sponsored by Feeding Goa and reusable cloth masks sponsored by Terra Conscious. The distribution of the prizes was held on 10th May and was done with the help of two lady constables from the Anjuna police station. An awareness drive was also conducted to emphasize the importance of social distancing. The distribution of gift hampers for our remaining participants was held on 12th May. It consisted of sanitization material like hand sanitizer, body soap, utensil bar, detergent, reusable mask, razor, biscuits, chocolates, and Maggi packets. We also had 11 entries from ASRO and 14 entries from the Don Bosco Orphanage. These children too received a sanitation hamper on the 23rd of May. All the entries are also being published on our social media pages to spread awareness about waste management and to also showcase the work of the children.

Lets get ready to learn!

On 26th May the admission process for the new academic year had begun. The number of students, their age groups and their classes will help us tailor the activities of our classroom to their ages and needs.





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June

Share your Stories - Bookworm Sessions

There is no friend as loyal as a good book! This month for the Bookworm Sessions, Malcom and Anandita, from the Bookworm Trust, started a new activity called the book chat. Under this activity, the students were split into smaller groups and each of them took turns to talk about their books. We ensured that the groups remained small and the children visited the NGO only once a week to maintain social distancing. The sessions gave an opportunity for each child to have a voice and share their thoughts and opinions in the session. This month they learned about Africa and the story of Vali art.

Interactive Session for the Parent, Student and Counselor

Our sessions are not only extended to the students but their families as well. This month, our counselor personally met with the parents of our present as well as new students, to inform them about the regulations of the classes as well as to listen and take note of any feedback that they have to offer. This allows us to share our ideas with the parents and listen to their ideas and expectations at the same time.

Go Green! - Green Champions Project

This month saw the launch of our new programme for the children of Assagao called the Green Champions Project. Under this project, we gave the participants a small sapling to plant in their garden and take care of for the next couple of months. We also asked the children to send pictures of the sapling as well as a small video or a write up on a topic which was given to them at the beginning of every month. These topics centred around the biodiversity of Assagao. This project provided a fun opportunity for the kids to explore and learn more about plants and spend some time with them!

New members in the Live Happy Team

This year we are introducing a new creative arts and mindfulness program for our children. The aim of this program is to facilitate the development of various aspects such as self-discovery, emotional intelligence, self-confidence and self-esteem, individual expression through various art forms, growth mind-set, mindfulness and meditation, environmental awareness, team work and group interaction. The coordinator of this program is Sasha Braganza, who has been collaborating with us for the couple of months. From the month of May Live Happy has also been collaborating with interns online, so far we have three interns making creative's, handling social media and managing data for the NGO. Their collaboration has made our work so much more efficient. Our first online intern was Patricia Pereira followed by Nash Vaz and Sara Kirlapalkar





Sponsor a child!

Live Happy Holistic Learning Classes comes under the Live Empower Project of the NGO.

The Live Happy curriculum focuses not only on the academics but also strives towards helping each student to find, nurture and grow their unique strengths.

With this we hope to generate independent and creative and critical thinkers of tomorrow that formulate change by living with an example.

With your contribution and help we hope to make a difference in a child's life.

Your sponsorship will help us:

- provide tuition
- holistic learning classes
- snack to the child
- cover up expenses of the material for activities and other additional workshops

We will provide a detailed report of the child's improvements at the end of the academic year.

The cost of sponsoring a child for 12 months is Rs 6000

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