



Discover The Message Within And Share

Newsletter

No.8

JULY- DECEMBER 2022



Introduction
of the Live
Happy staff

Activities with
the children at
Happy Home



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 an 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 children of the community.
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 a 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 the 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.

Rewinding ten years back to how Assagao was and how it is now, we have observed many areas that require attention. However, we are working specifically with the less privileged children in Assagao. As we believe that they are the future of our country. As there is an influx of two types of community, the elite coming in for leisure purpose and the casual labour/ migrant coming in search of jobs. Both become settlers in the community. The children also face challenges in the new environment but it also wonderful to see how they adapt and adjust as they become residents here. And we work towards providing them safe environment, providing with the education that nourishes them to become an active citizen in the future.

As you will read, the activities curated, especially the annual gathering during Christmas, all of our children, the old as well as new children who have joined Live Happy share a moment of togetherness. It is a beautiful exchange of experience, as the older kids visit, see the changes and the new kids see the confidence of the older children and how they come together and support each other. All this is achieved by the hard work put in by the team, the facilitators, volunteers and supporters who constantly strive at making Live Happy a place of embracing an inclusive community.



Felly Gomes
Founder



Beatriz Contreras Milla
Co-Founder

Welcome to the first “Live Happy” Newsletter for 2023. What a year! So easy to focus on its challenges and low points, but we hope the stories and tools highlighted in this edition excites you about innovation, creativity and what can happen when we focus on the power of community. This year we will reflect and refocus on our priorities. Identifying and sharing best co building practice, tools and inspiring people will remain central in our commitment, as will our passion for Live Happy NGO reinvention. We look forward to announcing some exciting 2023 initiatives with old and new partners.

Let’s enjoy a wonderful year ahead and may 2023 see the fulfilment of many personal and community building aspirations...and with that new year remember the classic words of Oprah Winfrey - ‘Cheers to a new year and another chance to get it right’ and Mike Dooley - ‘Life is not about expecting, hoping and wishing, it’s about doing, being and becoming.’



Anushka Gomes
Project coordinator

As we step into another new year, the newsletter brings in reflection of all the opportunities and events that we've worked together. The year 2022 has been entirely children- centered. Helping these young minds to grow holistically in an inclusive environment.

Currently we have eighteen children who regularly come to Live Happy for Tuitions, Holistic learning sessions and Bookworm Library sessions.

I sincerely thank our Facilitator, tutor and volunteers who have been constant support in planning and executing the activities and other programs that help children to be independent and confident.

I would also like to extend our gratitude to all our sponsors and well- wishers for their constant support that encourages us to work towards a better community.



Lara Buecker

Till yet I wouldn't say I have seen a lot of Goa, especially about Assagao and Live Happy but yet it changed a lot of my Way to see or recognize my environment and fellow human beings.

So hi everybody my Name is Lara Buecker I am currently 19 years old and I am from Duesseldorf, Germany.

I got lucky to do the international weltwärts-volunteer program with the German sending organization Internationaler Bund (IB). They give young people the opportunity to travel countries all over the world in order to immerse in its culture, heritage and leads us to a more open-minded way of thinking. This is fulfilled by working in different NGOs on daily basis where we can observe, learn and play a part on its development.

So when I applied, I actually had no clue what I wanted to do or where I wanted to go. We were also the first group of volunteers that would be sending out after Covid. Actually it was a very uncertain way to go for me. But with Live Happy in Goa everything was fitting. I have a great work here, where I get big support from Anushka and Felly and from all the children.

Thank you! So far, I am more than comfortable with my work because I can adapt to a work with the children in creative way, to support their self-reliance, learning skills and to give them space for just being children. Furthermore I am really looking forward to get more chances to work on the sustainability project in order to increase the waste management and environmental pollution.

I hope to make quite a lot more amazing memories here in Goa so that I can enhance my knowledge about its fascinating culture, nature and people.



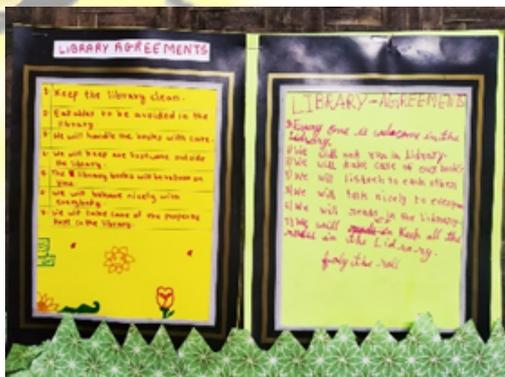
JULY

Interaction with Publishers and more...

This month, the team of Pratham Publishers visited Live Happy for the Bookworm library session. The children had an interesting conversation with the author and the team, talking and discussing various aspects that go about from writing to publishing a storybook. They also had a book talk on one of the books published by Pratham books, and we were delighted to have its author with us as well. The book talk followed with interesting questions from the kids to the author. Our children had an amazing time and gained valuable insight into the publishing process from the publishers, who shared the effort and dedication that goes into getting books published.



In another bookworm session, children were educated on the various aspects that make up a library. This was introduced with a game and later, a story was read aloud. They also had an art activity wherein the children were asked to make library agreements to be followed in their library. In the last session of the month, children watched an animated movie that depicted the importance of friendship, followed by a craft activity. The art activities at the bookworm sessions also helped in understanding new terms and brought out creativity in the children.



Activity Hour

Our intern Kritika along with her two peer volunteers conducted an activity hour after tuition. They had an icebreaker, in the beginning, to get familiar with the faces. They conducted games including a Passing message game (with two groups), Balancing the ball (team coordination) and forming groups with a given number, followed by reflection and sharing experiences. Everyone actively participated in all the games. The children enjoyed balancing the ball game the most, they coordinated well among their team members. The excellent session improved their mood after the long academic learning.



Tuition classes

Children have been regular with their academic learning at Live Happy. The tutor helps the children in understanding the school matter as well as explains it in the simplest way to help the child remember. They were also given tests to evaluate their progress. The younger children are taught basics as well as the school syllabus.

AUGUST

Encouraging mindfulness

Our children have been attending remedial classes at school since the last month, it is really good to see them managing their time and putting in the effort to excel in their academics. However, we've also realized that they have very little time to regain energy and be themselves again. This month's Holistic learning was all for them. We had activities wherein the kids could just experiment with paints mixed with flour, games that helped them work in teams and share responsibilities, reflection, dance and action songs that got them moving happily.



Our weekend is All Booked!

Bookworm library sessions are now shifted to Saturdays.

They have their regular journaling, book talk, read aloud session followed by an activity. It is always a pleasure to witness our children learning, participating actively and even voicing their views each time they learn something new at the library sessions. Bookworm also has exercises that motivate the children to express their feelings and emotions. Children also enjoy engaging in the creative art activities that take place after the read aloud session.



After school learning

This month, the children had their school tests, and the tutor along with the coordinator helped the kids complete their schoolwork and lessons. Between the academic learning, the tutor and coordinator made an extra effort to teach basic English to the children, helping them understand their school content. The coordinator also had a class on maps and reading with some activities that the children enjoyed.



SEPTEMBER

Making Holistic learning Fun and Challenging!

Our brain has an enormous range of abilities, and brain games challenge us to exercise the skills of memory, attention, thinking speed, logical reasoning and perception. This month's holistic learning session began with challenging brain games. These exercises help stimulate mental activities to improve the cognitive abilities of a child.

The last week's holistic session had fun activities that involved balance in play. Some of the benefits of balance games include helping children develop better concentration needed for sitting and paying attention, balancing uses mechanical principles and helps kids understand concepts such as gravity, equilibrium, counterbalance, and other sports skills as well as develops postural control to develop the strength to sit, not get tired, and focus on the task at hand.

We also interacted with children, asking about their feelings and feedback after the sessions, children revealed what they learnt and how they enjoyed taking up the challenges.



Bookworm library sessions

Besides journaling, book talks, watching movies, and book exchange, the bookworm team conducts various activities such as reading in pairs and constructive discussions. This month they had a very interesting question for the children, “Are there any particular jobs that only boys or girls can do?” The children instantly answered with a resounding no, saying that boys and girls can do all types of work. This led to a beautiful read aloud session which opened the eyes of the children to the reality that there are still places that do not allow girls to pursue their dreams. However, with true determination, one can achieve their dream.



Tuition Classes

At Live Happy learning classes, students are in focus as the tutor teaches and keeps checks to ensure the children's constant attention. We also have quick breaks at the end of the class, we get up refreshed, and are energized enough to go home. This month, the tutor assisted the children with their assignments as the kids worked hard to make creative academic assignments.



OCTOBER

Visit to Bookworm's new community center

On October 1st, our children visited the Vijay & Jean Kalgutkar Community Centre run by Bookworm at Saligao. They were super excited to visit the centre where their artwork was displayed along with the artwork of other children from various Bookworm community sites. The team of Bookworm arranged the visit and had fun activities to brighten up our children's time there.





Stories from around the world

Our children have already inculcated a love for reading, and it just keeps growing. The team of Bookworm also brings exciting stories from across the world which fascinates the children, followed by an activity that introduces new ideas and concepts to the kids.



Diwali camp: Celebrating light, hope and goodness

This year's Diwali camp aimed to unfold the resourceful insight of the children and to inculcate cultural awareness in them. It was a much-deserved break from books that keep them busy preparing for exams.

The three-day camp had Diya painting and lantern making taught by their tutor Mrs Pallavi Chari, and creative art sessions conducted by our creative arts facilitator Sasha Braganza. We also had outdoor games and action songs that enhanced the children's creativity and growth. Children actively participated in the activities, worked together, relishing yummy snacks and enjoying themselves.



NOVEMBER



Tuition classes

This month, we allotted thirty minutes for reading before launching into academic learning. The children read and asked questions about the meaning of the word, concept or any other doubts they had. Our children are yet to be well-read. The tutor puts in the effort to make their learning as simple as possible according to their understanding level. The two hours of after-school academic learning consists of reading, memorising, revising and homework completion as well as small breaks that help the children get time off from continuous studying.



Keep exploring through Books

This month the children made new journals and library cards. A book browsing session was held in which the children were divided into pairs and instructed to browse through books depicting particular tribal art forms of India. After browsing, they shared their understanding of the books and art forms. In the last session of the month, along with their regular journaling, book talk, and read aloud session, the children had a book browsing session related to birds and as an activity, they had a colouring session.



Learning, Understanding, Evolving

Our outdoor holistic learning sessions aim to provide children with a range of creative and challenging outdoor experiences to help them develop teamwork and build confidence. Through outdoor activities, children become physically healthy, mentally alert, emotionally secure and socially competent.

This month, children also made their personal journals. Journaling helps children process feelings, build their writing skills and put forth their ideas. The session not only gets enjoyable and reflective but also boosts literacy and social growth. We also have a few minutes allotted before their tuition classes to fill in their journals, journal prompts are given to them to help them be aware of their daily emotions as well as future aspirations



DECEMBER

Bookworm session

Our children were fascinated with the artworks of S H Raza, an Indian painter, introduced by the bookworm art facilitator. They discussed his painting style of creating perfect and accurate geometric shapes, and his work was displayed to the children. With the reference to his work, the children were instructed to create their own artwork.



Welcoming our German Volunteer

This month, Lara joined us under the Two Lives project. She will volunteer with us for the next couple of months. We are happy to have her work with us. She conducts activities associated with personality development and games that help improve their motor skills.

As we celebrate the festive season, Lara had some fun Christmas activities for children such as reading Christmas stories, teaching carols and crafts ornaments



Serendipity art festival

Mid-December this year, Bookworm invited our children to the Serendipity arts festival, one of the largest multidisciplinary arts initiatives, and the kids had a wonderful time!

They, along with the children of other communities, participated in various activities conducted by Bookworm . They had a magical experience at the sound garden where they were shown the different instruments and how they create musical sounds. Our volunteers, coordinator, facilitator and the bookworm team accompanied the children. This experience truly empowered the kids as they interacted with other children and facilitators.



Everything Merry and Bright

Christmas is the most awaited festivity time at Live Happy. We celebrated this festive occasion on December 23 with joy, hope, peace and love. We were hosting a total of 40 lovely children comprising our current and the previous batch of kids. Along with them, we were joined by our sponsors, guests, Live Happy members and volunteers, who helped us create a unique memory of this amazing day. We are immensely grateful for the incredible support we have received from people of all backgrounds.

We aimed at creating a positive association with the children and the guests. Hence, we had games including musical chairs and luckily. We also got the opportunity to dance with the children under amazing guidance. By then, there was also refreshment that energized the children to present Christmas carols, while the guests soon started to sing along. At the end and the highlight of the day was Santa, who visited us for the distribution of gifts as well as goodie bags for the children's families in our beautifully decorated Happy Home.

We had an amazing day in our little community wherein everybody was able to feel the spirit of Christmas.

- Lara, Volunteer





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

+91 7507576472

9.30 AM - 6.00 PM

livehappyngo@gmail.com

www.livehappgoa.com



LIVE HAPPY



LIVEHAPPYGOA

Live Happy

