



Discover The Message Within And Share

Newsletter

No.9

January- June 2023



Introduction of
the Live Happy
staff

Meet the
volunteers

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.



Discover The Message Within And Share

A message from the Team

I am truly inspired by the progress and growth of our NGO, Live Happy Over the past decade, we have been dedicated to realizing our vision of a sustainable, child-cantered village model. Our approach involves placing children at the center and fostering a community that values knowledge, education, environment and culture.

It is truly magical for me to witness how our organization continues to flourish and how the children grow alongside us. The exchange of teaching and learning between the children and our team is a testament to the possibilities that can be achieved. I am grateful for our beautiful team and dedicated volunteers who work tirelessly and passionately towards the common goal of creating a better future for the children.

Although I am a traveller and may not always be physically present in my village, I firmly believe that my little contribution will have a lasting impact. The land has given me more than I could have ever expected, as it nurtured my childhood. In this crucial phase of development, where our pristine environment is being threatened and the challenge of turning the valley of flowers into a concrete jungle loom over us, it is essential to generate awareness among children. They are the future custodians of our sustainable legacy.

Together, let us continue to foster awareness, education, and appreciation for our natural surroundings, ensuring a sustainable and harmonious existence for generations to come.



Felly Gomes
Founder



Discover The Message Within And Share



Beatriz Contreras Milla
Co-Founder

Corporate Sustainability is an approach focused on ethical, social, environmental, cultural, and economic dimensions of business to create long-term stakeholder value. Sustainability regulation and continuous improvement initiatives have been adopted internationally, with the United Nations adopting the 2030 Agenda and the European Union sanctioning the Green Deal. Large companies have already taken actions to align with these standards, and smaller organizations may soon be obligated to do the same.

Live Happy NGO is calling for help to improve sustainability in companies for a more sustainable future. The NGO is able to maintain social and educational projects thanks to these initiatives

We appreciate your trust in our work.



Discover The Message Within And Share



Anushka Gomes
Project coordinator

In 2023, Live Happy aims to promote social, environmental, and mental well-being through various activities. The past six months have been a learning experience to all of us and encouraged us to grow in the community.

We currently have 29 children attending holistic learning sessions, tuition, and library sessions, we have had international volunteers teaching educational topics in a fun way and sharing their culture. The previous batch of children have also been participating in Live Happy events such as cleanliness drives and summer camps.

I sincerely thank our Founders, Facilitator, Tutor and Volunteers who have been instrumental in planning and executing these activities

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.

From the Volunteers



Lara Buecker

I have been working with Live Happy now for about half a year and was a part of their journey and I can look back on really amazing things that happened.

Supported by the Live Happy Team I could work on projects and events like the annual Christmas and Summer camp, permaculture project, beach clean ups and Two Lives project. These projects were always provided as a part of the children's educational advancement and personal growth. And so, I could witness the children's Improvement, joy and passion as they were included in those activities.

There were many highlights for me when I accompanied Live Happy but just the opportunity that I could have an insight in different lives and situations really touched my heart and enriched my experience in India.

However, I want to say that I am very grateful I could be a part of this development. The constant positivity of the children and commitment of the people who work in the NGO really stood out to me. I really look forward to continuing to support this organization in any way I can. Thank you for welcoming me in your family and for the amazing work you do.



Uxue

Hi everyone! My name is Uxue, and I'm from Spain. More concretely in Bilbao, Basque Country. I'm studying audio-visuals at Burgos University. And now I'm in Live Happy with my friend and classmate Raquel.

I really love nature, and sports. I'm also into art, and of course the audio-visuals. I am an extrovert and adventurous, and I like meeting new people and learning more about their stories. I am always ready to have fun and I love to make others do it too. I'm trying my best to bring a lot of amusement to the "Happy Home".

I am passionate about telling stories and working with kids, and Live Happy is the perfect match. My objective is go back to Spain with many stories and learning, and spread this beautiful message with Spanish schools. Continue building "Two Lives Project".

I'm so happy to be here. I'm teaching, but I am learning even more. Assagao is magical, and this experience is changing my mind and my life.



Raquel

Hello everyone! I'm Raquel, I'm 21 years old and I come from Spain. I study audio-visual communication at the university and I have come here to do my final degree project while teaching English to the children in our Happy Home for 3 months. Before joining this project, I had never worked with children, but I quickly realized how rewarding it is to help these little ones learn a new language and see them progress.

I love watching series and movies, and my dream is to be part of the team of one of them, both in front of and behind the cameras. But for now, I am totally focused on my work here at the NGO and finishing my university degree in Spain.

While I can't wait to go home, I know I'm going to miss each one of our kids dearly.

My time here has been one of the most rewarding experiences of my life, and I am grateful to have had the opportunity to be a part of their education.

Thank you for giving me the opportunity to be part of this NGO and to be able to take part in the lives of these children!





Discover The Message Within And Share

January

Let the Reading Commence!

The Bookworm Library had its first session in 2023, where they began with New Year's greetings and had various activities such as action songs, journal writing, book talks, and an art session. The art facilitator introduced the idea of using art to communicate specific messages and gave the children books to browse and discuss. The children were asked to sketch a plan of their painting and continued it in the next session. In the second session, they completed their paintings and shared their experiences and thoughts on their artwork.

The third and fourth sessions had interesting topics with read-aloud sessions, enhancing the children's critical thinking, and an art activity to enhance their understanding.





Discover The Message Within And Share

Our After-School Learning

This month children had their tests and with the help of the tutor, volunteer and coordinator children managed to study and answer their tests well.

Each child received individual attention and assistance, and they were motivated to learn and understand their lessons.

Activity hour with the Volunteer

During academic learning for older children, volunteer Lara provided educational activities for younger children. These included creative revision of alphabets and math tables, games to improve motor skills, and art activities to enhance creativity.



February

Interactive hour with our Spanish volunteers

Live Happy has welcomed two Spanish volunteers, Raquel and Uxue, who will be working on a documentary and volunteering with children for the next few months. The children were excited to meet them and learn more about their education and country.

Their first activity was creating their own Live Happy superhero, and the volunteers plan to work on cultural exchange and educational topics that will empower the children. They also taught the younger children about parts of the body using various learning materials.



February's Bookworm Library Sessions: A World of Reading for Kids

The Bookworm library sessions held in February were super exciting, as children were provided with a plethora of options to indulge in the world of reading. From book talks to journaling, the activities catered to different preferences. The library games and book browsing were also a hit among the kids.





Discover The Message Within And Share

Live Happy Tuition classes

At Live Happy , we offer an academic learning hour to provide personalized attention to students. This helps clarify doubts and improve the learning experience beyond regular classes. Students receive additional support and guidance from tutor during this time.



Activity hour with the volunteers

Our Volunteer conducts a "what am I feeling" circle with children at the beginning of each week. This helps children learn about their emotions and develop skills to manage them. It's also helpful for us to better understand the children we work with. Using emotion words can improve their vocabulary and aid in emotional identification.



March

Let's Play!

Our children try their best to study well and give their best. But they also need short time out to ease up the knot in their head and refresh themselves. Through physical activities like sports, children's brain gets stimulated, so that there is more capacity, motivation and they are able to concentrate better.

We had Paulina, another German volunteer from the football club Forca Goa to do sports activities. She not only conducted football but a bunch of games and team building actions.

The children were the happiest. The volunteers, coordinator and tutor accompanied the children.

- Lara (volunteer)



MANU CHAO LIVING HAPPY

Before the start of his new tour in India, Manu Chao visited our Happy Home to fill our children with joy and share his music with all of us.

In his first time in Goa, the singer wanted to give the children of Live Happy a little surprise by offering us a brief sample of his music. Everyone was invited, even the former students. The children greatly enjoyed the songs in Spanish, they danced and had fun making a war of petals with Chao and his team.

At the end, the children and the singer exchanged gifts and a small snack was made for everyone present. A great opportunity to enjoy music and the exchange of cultures.

-Raquel (Volunteer)





Discover The Message Within And Share

Clean your space, clear your mind

There is a beautiful place at the Chapora beach, where river and ocean meet and become one. Arising from over 60 villages the plastic and garbage gathers up at this beach stretch.

And on Sunday Live Happy made it to their aim to start cleaning a part of this area. 14 children and 15 grown up volunteers came and collected over 50 bags of trash and transformed this place into a peaceful clean beach. The children could see what consequences plastic waste makes and how good it feels to give something back to mother nature.

Let us always be aware about the impact a bunch of people can have, as long as we believe in ourselves and be nice to our fellows and nature.

- Lara (volunteer)



Bookworm Library sessions

In the first session of the month, the children danced, played interactive games, journaled about their week, heard an interesting story, and did an art activity inspired by Mandana art form of Rajasthan.

In the second session, the children had a stitching activity and book browsing time where they learned about stitching and answered questions about it.

Lastly, the children were introduced to the concept of Surrealism art, which they enjoyed because it allowed them to draw from their own imaginations.



Finals are here!

The month of final exams had arrived for the academic year 2022-23. To prepare, tutors gave weekly tests and volunteers helped students with assignments, reading lessons, and day-to-day English vocabulary and math. It was a helpful and enjoyable learning experience for everyone involved!



Activity hour with the volunteers

This month volunteers focused on topics of interest to children, such as sports, occupations, and math equations. They used videos to help children understand the topics and created worksheets and games to keep them engaged. Volunteers also adapted their teaching methods based on each child's level of understanding and addressed challenges in managing younger students.

Raquel and Uxue led outdoor activities and taught action songs to break up the learning routine. Overall, children have responded positively to the volunteers and enjoy interacting with them.



April

Enhancing creativity in the library

In the first session of the month, children played games, shared about their exam week, and had a book talk. They also listened to a read aloud story and made envelope covers. In the second session, they tried Warli painting and created their own story. In the last session, they explored wordless books and created their own illustration painting.





Discover The Message Within And Share

Beach clean -up

With a lot of commitment, we dedicated the first Sunday of April to Mother Nature and successfully accomplish the second Beach Clean-up of the Year at the Chapora Beach. We came together and met new faces but also long known faces there.

The Live Happy Team collaborated with Project Tres for the purpose of building a bigger community and creating a platform for sustainable exchange. Through that we could start in the day with new friendships, cleaning the beach, refreshments and we were lucky to experience a performance of acoustic music and mime.

In the end we collected around 40 Bags of Plastic, Glass and slippers.

-Lara (volunteer)





Discover The Message Within And Share

An evening with like-minded people.

The Live Happy team and volunteers recently had a productive session with Teach for India's leadership team and other Goa-based organizations. The event was held at Makers Asylum in Moira and aimed to promote equity and community building. The Live Happy team shared their work and strategies while gaining insights from others working towards similar goals. Overall, it was a great opportunity to learn and collaborate.





Discover The Message Within And Share

Kitchen Garden

As a part of the Live Happy permaculture project, the kitchen garden creates a place for the children to grow vegetables and fruits on their own. Through this project we want to achieve that the children can learn and witness the power of mother nature and value self-grown food while including the project in their daily routine. The kitchen garden is also a good opportunity to increase their coherence while taking over responsibility as a team.

With the support of our volunteers, we had several sessions for the children to build, fill, plant and create the kitchen garden in our lovely happy home.

- Lara



Teacher trainees from P.E.S college

It's great to see young volunteers investing their time and effort in enriching the minds of others. Three teacher trainees from P.E.S college conducted a two-day art and craft session at Live Happy.

The session included games, educational videos, and art and craft activities. Children were happy to learn something new, especially after finishing their exams.





Discover The Message Within And Share

Experiencing the Joy of Summer at Live Happy Camp

Live Happy organized a summer camp for 22 children, which included activities such as a "know your friend's" session, an Olympic Day with various sports, a session on marine biodiversity and conservation by team of Marine Reef conservation, a talent round, and art-based activity session conducted by Bookworm

The children enjoyed participating and were able to showcase their talents and gain confidence. A fun-filled dance drill choreographed by our volunteers; Raquel & Uxue. Snacks were provided and participation certificates were presented. Overall, it was a fun and positive summer experience.





Discover The Message Within And Share

Time to bid adieu

The last week of this month has been overwhelming for all of us at Live Happy. It was time for our Spanish volunteers to return back to Spain. Raquel and Uxue volunteered for three months at Live Happy.

We spent the last day sharing our memories with each other, children performing surprise dance for them. Our volunteers also made yummy Spanish tortilla and gave gifts and sweet notes to each kid. It was a wonderful experience having them there to capture beautiful moments and assist in educating the children.



May

Summer classes (April- May)

Live Happy provided summer classes for children to continue learning and growing during their vacation break. The classes covered a variety of subjects, including English grammar, math, vocabulary, and art and craft activities.

It's also wonderful that the children had the opportunity to watch movies and play outdoor games. The summer classes not only benefited returning students but also allowed new children to join and connect with us.



Bookworm

This month kids at Live Happy had a fun and creative time exploring poetry and composing their own song! The bookworm team also provided an engaging second session focused on books, with games and exploration of publishers, themes and illustrations.

The children enjoyed a session where they read a story about Ferdinand the Bull and then watched a movie about it. They also had an art-based session where they learned about textures by touching and feeling illustrations.





Discover The Message Within And Share

Kitchen Garden workshop

The permaculture project continued with a workshop for children, teaching them about the new kitchen garden. The workshop conducted by our volunteer covered topics such as plant growth, the needs of plants, and the advantages of self-sufficiency. The children were engaged and enthusiastic throughout the interactive session, which we finished up with a tricky quiz.

The workshop concluded with a creative activity where the children colored the kitchen garden with all the colors of the rainbow. The event aimed to inspire sustainability, a healthy lifestyle and continuous hands-on activities in the nature among the children.



June

Lara's farewell

It was with heavy hearts that we bid our volunteer, Lara, goodbye. Her contribution to creating a fun and educational environment for the children in our Live Happy projects was invaluable. The farewell was a heartwarming event, with the children surprising her with a dance performance and a thank-you card.

Lara also gave appreciation tokens to the kids, and we all painted tote bags and enjoyed delicious doughnuts. To end the day, we played the German game, Vikings chess taught by Lara.



Back to school!

As a new school year begins, there is a sense of excitement and nervousness in the air. For children, it's a chance to start fresh and explore new opportunities for growth and learning.

At Live Happy, we're committed to encouraging children in their pursuit of knowledge and education. We embrace this fresh start and to make the most of the opportunities ahead.



Saturday's are fun with Bookworm!

Bookworm team is dedicated to conducting Saturday library sessions, where they provide access to a wide variety of stories through both traditional books and virtual means. Bookworm library sessions offer a fun way for children to learn and broaden their literary interests.





Discover The Message Within And Share

Experience Joyful and Wholesome Activities at Live Happy

Live Happy creative art and mindfulness facilitator recently held two Holistic learning sessions. The facilitator led engaging icebreaker games to help children make friends and learn each other's names. Art activities were also included, allowing the children to unwind and have fun after long hours of studying. The children's creativity shone through as they produced colorful art pieces with simple resources.





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.livehappygoa.com



LIVE HAPPY



LIVEHAPPYGOA

