



Discover The Message Within And Share

# Newsletter

No.10

July- December 2023



Introduction of  
the Live Happy  
staff

Meet the  
volunteers

Activities with  
the children at  
Happy Home



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## ***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.



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## ***A message from the Team***

Live Happy NGO has been making a positive difference to the lives of children from challenging backgrounds who reside in Assagao. The NGO's efforts to provide these children with opportunities and facilities such as adventure experiences, excursions, and access to professional and student volunteers from different fields has been commendable.

It is heartening to see children from different states and countries coming to Live Happy NGO every day, and being able to participate in activities that are essential for their growth and development.

I am also grateful to my friends and supporters who have helped in carrying forward this work through their financial support and valuable time and energy spent with the children. The support and encouragement from these individuals have been a true sign of solidarity and a testament to the importance of the work that Live Happy is doing for the children.

As we move forward, Live Happy NGO hopes to continue making a positive impact on the lives of these children and inspiring others to join the cause in creating a brighter future for the next generation.



**Felly Gomes**  
**Founder**





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**Beatriz Contreras Milla**  
**Co-Founder**

As 2023 draws to an end, I just wanted to take a minute and express my gratitude to our readers.

Just want to let you know - every single collaboration you made mattered to us.

However big or small it might have been - it mattered to us. Every single feedback you had shared - both the good and the bad - it mattered to us. Every word of mouth you shared about us to your family and friends - it mattered to us. Every google review you had put - we literally do a dance when we see something positive - it really mattered to us.

At times, the bad feedback might pinch us initially, but it gave tremendous insight into your way of thinking and what we are doing wrong or if we are not setting the expectation correctly. It really helped us fix some of the issues. So thank you for that. We completely understand. Positive ones mattered the most. Quite honestly, it really helped us to believe that we are in fact making a difference.

The belief that we are making a difference for our community and for each one. We are not just another NGO. This belief is extremely important for an organization to sustain through difficult times. Quite honestly this is what kept us going during many down times over the years

We are existing today because of each one of you. We will never forget that.





**Anushka Gomes**  
**Project coordinator**

Over the past six months, we have learned a great deal and grown as a community. Our efforts have not gone unnoticed, as we currently have 29 children attending holistic learning sessions, tuition and Bookworm library sessions.

In addition, we have international volunteer who volunteers at Live Happy teaching children's educational topics in a fun and interactive way, while sharing their cultures with us as well as learning a different community here, in Goa. It is also inspiring to see how the previous batch of children have continued to participate in Live Happy events.

I would like to take this opportunity to express our sincere gratitude to our Founders, Facilitator, Tutors, and Volunteers who have been instrumental in planning and executing these activities. Their unwavering commitment to our cause has been invaluable. I would also like to extend our heartfelt thanks to all our Sponsors and Well-wishers for their constant support that encourages us to work towards a better community.

As we move forward, we remain steadfast in our commitment to promoting well-being in all aspects of life.

## ***From the Volunteer***



**Janne Bergmann  
volunteer**

Hello everybody, my name is Janne, and I am the new volunteer for the year 2023/24. I am 19 years old and from Bremen, a small town in the north of Germany. I am gratefully looking forward to this journey with Live Happy. I hope to both share and gain some knowledge and I am convinced that being part of this organization will be a very memorable experience.

I discovered Live Happy through the IB ("Internationaler Bund") which led me to India. It attracted me because of the connection between children and the environment. I am especially fond of teaching the young generation about our impact on the climate, how it changes and how it will change over the next decades.

As the first month flew by, I got to know the aim and Intention of Live Happy as well as all the children. I came across creative work, cognitive skill mastering and active playing. It is a great honour to see these children grow and enjoy what they like as well as seeing them become the best version of themselves.

As I would like to study urban planning, this is a great opportunity to learn how other countries deal with sustainability, waste management and other influences of our changing climate.

I am looking forward to further (cultural) exchanges while discovering the landscape of Assagao and its surroundings as well as its people.

I am thankful to be a part of Live Happy and hope to share, collect, and make some great memories with the children and the crew.





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## July

### BOOKWORM

Bookworm library sessions at Live Happy has become a fantastic place for children to explore new genres and authors while expanding their knowledge and imagination. The lively discussions that take place at Bookworm are a great way for individuals to share their thoughts and insights on the books they've read, gaining new perspectives and ideas in the process. This helps children to develop their critical thinking skills and become more confident in expressing their opinions.

In addition to reading, Bookworm also offers a range of exciting board games like chess. Learning the rules of these games are made fun through videos and clearing doubts of the children. Board games have helped children to develop strategic thinking and problem-solving skills, while also providing an opportunity for children to socialize and have fun with their peers. The exciting quizzes on the board games at Bookworm were a great way for children to test their knowledge and compete with their friends.

Bookworm fosters a love of reading and learning, while also having fun and by exploring new genres and authors, participating in lively discussions, and engaging in exciting activities like board games and quizzes, children can expand their knowledge and imagination in a fun and engaging way.





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## HOLISTIC LEARNING

Holistic learning is all about encouraging children to explore their imaginations and think creatively. This month, we decided to focus on a monsoon-based craft activity that allowed children to express how they experience this beautiful season. By creating a free and deconstructed environment, we aimed to give children the opportunity to break out of their comfort zones and think outside the box.

We believe that it's important to value children's thoughts and feelings just as much as we value teaching them how to become civilized members of society. Through this activity, we hope to have inspired children to embrace their creativity and continue exploring the world around them.



## THE UPCOMING EXAM SEASON

As the exam season draws near, students are gearing up to take on their first academic test of the year. To stay on top of their studies, they have been diligently completing coursework, practicing math problems, and reading assigned texts, often with the help of tutor.







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## ***August***

### **PREPARING KIDS FOR EXAMS: BALANCING LEARNING AND LEISURE**

**As exams approach, Our children have dedicated their time to studying, and we're fortunate to have a tutor who has supported their learning. Although doubling their efforts may be tiring, with the right mindset, our kids can achieve their academic goals. the younger children have different needs with regards to scheduling and learning. we offered them with ample time to play and explore is critical to their development.**







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## BOOKWORM

ENCOURAGING CHILDREN'S CONFIDENCE THROUGH ART AND THEATRE GAMES AT LIBRARY SESSIONS.

Art sessions and theatre games have the power to boost children's confidence levels. At Bookworm Library sessions, the team organized exciting activities, including read-aloud sessions to ensure that children have a fun-filled weekend at Live Happy.

During the last session of the month, children learned the art of Origami. the bookworm team presented books and documentaries that enriched their knowledge of this creative paper art. Afterwards, they conducted a follow-up activity where children were taught how to create Origami on their own.



## HOLISTIC LEARNING

At Live Happy, we believe in holistic learning that nurtures children's growth as individuals. One of the core values we promote is kindness, which we believe helps children grow into empathetic and compassionate individuals who contribute positively to their communities. We had Karen, a skilled counsellor, conduct a session on kindness. The aim of the session was to instill and nurture the value of kindness in children's lives. Karen used a variety of activities, including physical games, engaging discussions, and art activity to help children understand the concept better. The session was designed to be interactive and engaging, which helped the children learn and retain the importance of kindness.

In the second session led by Karen, children learned the importance of teamwork and friendship. Through a series of collaborative games, the children were able to develop their teamwork skills while having fun. Furthermore, Karen led an art activity that encouraged the children to express their appreciation for their friends, resulting in stronger relationships and a greater sense of camaraderie. The children were able to openly discuss their relationships and explore ways to cultivate healthy and positive connections with those around them. Overall, Karen's session provided valuable tools to help the children build supportive and meaningful relationships in their lives.





## September

### SHOWING APPRECIATION FOR OUR TUTOR

On Teacher's Day, our children took the opportunity to express their gratitude to their teacher in a heartfelt way. They presented beautifully crafted handmade card. We are so appreciative of our beloved tutor and the significant impact she has on our children's education and personal growth.



### HOLISTIC LEARNING FOR KIDS

This month, Talasha led an insightful session for our young ones. She emphasized the importance of appreciating our differences and introduced new vocabulary like labelling. In addition, the children participated in an art activity where they drew their favorite things on individual puzzle pieces and then pieced them together to create a collaborative project. Talasha encouraged the children to be kind to one another, express their emotions, and value their friendships. We were thrilled to have Talasha at Live Happy – her presence in the room always brings smiles and positive energy.







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## EXPERIENCING THE JOY OF READING WITH BOOKWORM LIBRARY SESSIONS AT LIVE HAPPY

The Bookworm library sessions are always an exciting time! Each session is full of creativity and enhances the love for books. These sessions provide a unique perspective on reading that is quite different from solo reading. From read-aloud sessions to theatre activities, each month provides a new highlight. One such highlight of this month was soap carving. The stories told during these sessions encourage children to think and share their views about the books. It's a fun way for children to grow and learn!



## October

### KIDS EXPERIENCE A FUN ADVENTURE AT THE GOA SURF FESTIVAL

The children at Live Happy kicked off the month with a thrilling experience at the Goa Surf Festival. From learning to balance on the surfboard to participating in self-defense classes, the kids mingled with a group of adventure enthusiasts.

This event brought to light the idea of exploring our full potential and trying out new things that pique our interest.



### READING, LEARNING, AND GROWTH AT BOOKWORM LIBRARY SESSIONS

Bookworm's latest library session offer a unique opportunity to learn and explore. Through creative activities, children shared their ideas and opinions after listening to fascinating stories. The session also included book browsing games that piqued their interest and expanded their vocabulary. weekend with bookworm is a fun-filled experience that fosters reading, learning, and growth.







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## WELCOMING OUR NEW GERMAN VOLUNTEER!

We are thrilled to announce that Janne Bergmann has joined Live Happy as a volunteer, bringing another helping hand to our team. Janne has already become acquainted with the children, and they have bonded over a range of activities including Vikings chess, indoor games, and art projects.



## DIWALI BREAK – LEARNING AND FUN COMBINED!

During our children's month-long Diwali break, they didn't miss a beat and continued to attend Live Happy. We saw this break as a chance to refresh our fundamental English and Math skills, hold art-based sessions, and engage in outdoor activities every day! The children were eager to learn new topics and play outdoors, and we observed them bonding and building friendships. By teaching without pressure, we created a low-stress environment that made learning even more enjoyable.







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## NURTURING MUSICAL TALENTS AND APPRECIATION AT LIVE HAPPY

At Live Happy, we've always valued the importance of art, music, and culture. Our aim is not just to know and appreciate these things, but to actively involve children and make them a part of it. That's why our founder, Felly, has been teaching the young minds some soulful and nature songs, which the children have picked up with enthusiasm. They even came early for practice and have shown remarkable improvement over time.





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## "HEALTHY SEAS, HEALTHY ME"

Reef Watch Oceans Club for Kids, led by Reef Watch Marine Conservation, has introduced a fascinating workshop program for children.

The first session, "Life Around the Coast," was held at Live Happy. The team of Reef Watch presented informative PowerPoint slides and engaging activities for the children to participate in. They also utilized interactive discussions and games to help the children gain a better understanding of the topic. We couldn't wait for the following session to learn more about the sea and our responsibilities as citizens to preserve our marine life.



## ***November***

### THE LEARNING NEVER STOPS...

Even during their Diwali break, children have actively participated at Live Happy. Singing, painting, group activities, and academic work have all been part of the fun and learning.





## EXPLORING THE RELATIONSHIP BETWEEN FOOD AND OCEANS

The Reef Watch Marine Conservation Team's second session focused on "Sources of Food". The objective was to explore how food groups' availability affects our dietary choices and habits, especially in Goa, where weather and seasons significantly influence our eating patterns.

The session also delved into how the ocean impacts weather and seasons. The connection between healthy food choices and their positive impact on the oceans was also discussed. To deepen participant's understanding, the team facilitated a kitchen garden revival activity at Live Happy, where they planted seeds.



## CELEBRATING THE DIWALI FESTIVAL.

At Live Happy, we celebrated the Festival of Lights with a fun-filled event for the children. The activities included a quiz and scavenger hunt that provided insights about the festival, painting of Diyas, and creating beautiful Rangolis.

The kids also got to learn about Jane's cultural festival celebrated in Germany, where they made cute lanterns as a sign of goodness. We had a great time enjoying delicious snacks while participating in these activities that highlighted the spirit of the festival.







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## REEF WATCH TEAM HOSTS THIRD SESSION ON DIET AND HEALTHY FOOD

The Reef Watch team held its third session on the importance of a balanced diet and healthy eating habits. To engage the children, they conducted a fun bingo game and presented an impressive PowerPoint. The team educated the children about the various types of food and their roles in our bodies. The children even had a chance to make a delicious and healthy salad. The session was interactive and enjoyable, ending with a fun dance featuring sea creatures.





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## CELEBRATING OUR CHILDREN'S!

On the occasion of children's day, we celebrated our children of Live Happy. The children started by presenting their performance about Assagao to our lovely guests. Afterwards we played some games and did some singing as well as lots of dancing. The kids were gifted with some great tasting cupcakes and had a blast on this child centered day

- Janne, Volunteer







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## CELEBRATING THE ASSAGAO ASSOCIATION'S CENTENARY WITH AN INSPIRING PERFORMANCE

We are extremely proud to share that our children had the opportunity to perform at the Assagao Union High School on the 18th of this month in honor of the Assagao Association's centenary celebration.

Under the tutelage and guidance of our founder, Felly Gomes, the children practiced tirelessly, resulting in a stunning performance. We were also fortunate enough to have enthusiastic volunteers who provided musical accompaniment to our children's rendition. Our message is clear: preserving, protecting, and restoring the environment should be one of our utmost priorities.



## DISCOVERING GOA'S MANGROVES

The fourth session with the Reef Watch Marine Conservation Team was an incredible outdoor adventure. The children were thrilled to take a ferry ride to the tranquil Charao Island, but the experience at Dr. Salim Ali's Bird Sanctuary was even more exciting. The team educated the children about the various types of Mangroves in Goa and their significance in the ecosystem. The children also had the opportunity to observe some of the creatures that reside in this natural habitat. Such trips and experiences enhance our children's growth and provide them with valuable insights beyond what they learn from books.





## EXPLORING THE WORLD BENEATH THE WAVES!

During the fifth session with Reef Watch Marine Conservation, the children were treated to an enthralling documentary on the coral reef and its diverse inhabitants. Afterwards, they engaged their creativity and sketched some undersea creatures that intrigued them before piecing them together into an incredible collage.





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## EXPLORING BOOKS, STORIES AND POEMS AT BOOKWORM LIBRARY

The second session of this month at Bookworm Library brought something unique and exciting.

Children were introduced to the art of poetry and how to develop their creative skills using various sources. The group explored the concept of Blackout poetry through browsing, sharing, and designing. In addition, the children had their regular journal time and participated in book and tab lending.



## HEADING BACK TO SCHOOL!

As the Diwali break came to an end, it was time for children to return to school. Our tutor and volunteer have been busy working with the kids, helping them with reading lessons and memorizing class notes.





## ***December***

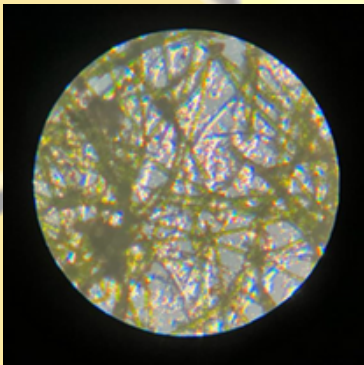
IT'S BEGINNING TO LOOK A LOT LIKE CHRISTMAS AT LIVE HAPPY!

As soon as the festive season rolls around, our kids were eager to start planning their annual Christmas program. They devoted time to practice their performances, whether it's crafting decorations, rehearsing dance routines or practicing carols. From start to finish, they pour their hearts into the festivities – and the end result is always a stunning Christmas tree and a memorable celebration.



## EXPLORING THE MICROSCOPIC WORLD!

Reef Watch Marine Conservation team, hosted their sixth session which proved to be a fascinating one. The children had the chance to examine tiny specimens under a microscope and also enjoyed an outdoor game. It was a delight to witness the children's faces light up with curiosity and wonder as they discovered previously unknown facts about the ocean's inhabitants. In addition, the team emphasized the importance of personal hygiene and being mindful of others' health. Overall, the session was filled with scientific discoveries and vital life lessons.







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## BOOKWORM LIBRARY SESSIONS AT LIVE HAPPY

At Live Happy, the Bookworm Library sessions are always an exciting affair, full of enjoyable and informative activities. Children are becoming increasingly confident in their book talks, and enjoy interactive discussions following the story sessions.

The Bookworm team selects stories that help children understand emotions, environments, and many other concepts. The way they introduce these ideas is engaging and positive.

In addition to stories, there are journaling, art and craft activities, educational and theatre games, which play a vital role in shaping these young minds into active and engaged individuals.





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## BALANCING FESTIVITIES WITH EDUCATION

Despite the ongoing festive season, we made sure to prioritize academic learning. Our two diligent tutors, Pallavi and Vishal, have been introducing a fresh approach to teaching school lessons, helping children understand and retain knowledge more effectively. Meanwhile, our dedicated volunteer is overseeing the younger kids' homework and providing basic English lessons to aid in their studies.





## REDUCE, REUSE, RECYCLE!

During the seventh session with the Reef Watch Marine Conservation team, our children were taught the importance of practicing the three R's - Reduce, Reuse and Recycle. The team demonstrated how to turn old T-shirts into bags and plastic bottles into pencil cases, providing an engaging activity for the kids to have fun while giving new life to old fabrics and materials. This activity also encouraged creativity and resourcefulness, making it a valuable learning experience for all involved.



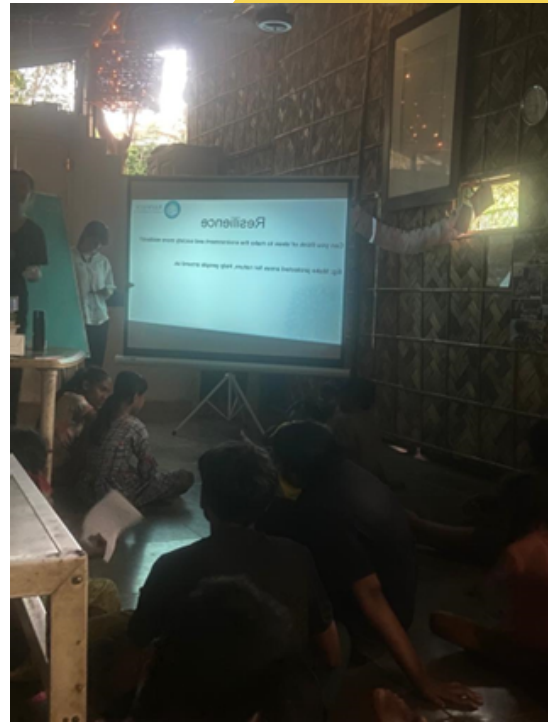


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## QUIZ TIME

As team of Reef Watch Marine Conservation has taught the children the value and vital importance of our seas and wetlands, the eight session was all about testing their gained knowledge through a quiz, arranging animal sounds to animals, guessing names of sea creatures and lots of acting out. Besides that, the children were taught about resilience, its importance and how it is created. The children had fun collecting points, testing their knowledge and learning about a new topic.

- Janne (Volunteer)





## CHRISTMAS CHEER AT LIVE HAPPY

This year's Christmas celebration was filled with joy and fun for our Live Happy kids and all the guests. We started with the children showing off their talents with some great singing and dance performances. Afterwards, they had a blast playing a Christmas treasure Hunt as well as musical chair and getting rewarded with some great prizes. While singing Christmas carols the cake was cut by the children. After some delicious snacks the kids got surprised by a clown show, presenting funny sketches.

Last but not least, our Santa came, bringing lots of presents and take away boxes for everyone. The hard work of the children has paid off and was appreciated by everyone and the day will hopefully be remembered by us all.

- Janne (volunteer)





## EXPLORING ART, CULTURE AND OPEN LIBRARY!

The Serendipity Art Festival is an annual event that takes place in the vibrant city of Panaji, Goa. On December 22, 2023, we had the pleasure of attending this festival and were mesmerized by the amazing art that was on display. Our first stop was at the puppet exhibition where we were introduced to the different types of puppets used across India and the various materials and art forms that are used to create them. Children were fascinated by the different forms of presentations, costumes, musical instruments, dress codes, and the stories of Ramayana and Manipuri Raas leela that were brought to life through the puppet show.

After the puppet exhibition, we visited the Bookworms open library at the art park where we were treated to some delicious snacks. Children had various fun-filled activities such as stitching, drawings, an open-air library, comics drawing, finger puppets, and more. We had a great time exploring the other stalls of arts and music as well.

Overall, our visit to the Serendipity Art Festival of 2023 was both fun and enlightening. The children of Live Happy enjoyed the visit and learned a lot about the different forms of art.

- Sejal (Intern)







# 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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