



Live Happy



NEWSLETTER



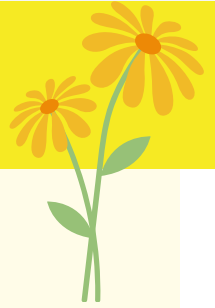
No.14

JULY - DEZEMBER '25





WHO WE ARE!



LIVE HAPPY NGO

 Assagao, Goa, India

We are a grassroots NGO creating sustainable, child-centered solutions for social empowerment.

OUR MISSION

Empower communities through education, environment, and cultural exchange.

OUR PROJECTS:

Live Clean

-  Cleanup drives at public & tourist spots
-  Waste awareness & management workshops
-  Medicinal permaculture garden

Live Empower

-  Affordable learning classes for kids from the community
-  Hygiene & rights awareness programs
-  Heritage walks to preserve Goan culture

Two Lives Project

-  Cultural exchange & global volunteering
-  Partner with local + international institutions for social work training

✨ Join us to Live Happy, Live Empowered!!

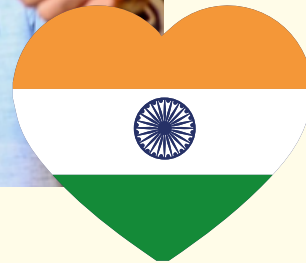
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**For more information take a
look at our website!!**





HOPE, HAPPINESS AND HEART: LIVE HAPPY'S MISSION



To the Beautiful Village of Assagao,

For the past 10 years, Live Happy has grown through love, service, and community. At the heart of our journey is a strong feminine force—our teachers, coordinators, volunteers, and co-founders—who nurture our children and guide our mission with grace.

At Happy Home, we focus on supporting less-privileged children, offering them education, care, and a joyful space where they feel safe, valued, and inspired to grow—while learning to protect and respect both nature and society.

To our sponsors and supporters, thank you for walking with us.

And to the people of Assagao—this is your village, these are your children. Join us.

Let's grow this movement together and lead with love.

With gratitude,
Felly Gomes
Founder, Live Happy



BRIDGING LEARNING AND SOCIAL COMMITMENT: THE "OPEN YOUR EYES" PROJECT



The Service-Learning (ApS) methodology enables the combination of student learning with social commitment.

This approach allows students to learn while performing community service. "Open Your Eyes" is a Service-Learning project focused on raising awareness and preventing gender-based violence, LIVE HAPPY NGO will collaborate with Burgos University (Spain) and the Association for Assistance to Victims of Sexual Assault and Domestic Violence (ADAVAS) in Burgos, Spain.



BEATRIZ CONTRERAS MILLER
CO-FOUNDER

Gender-based violence is one of the clearest manifestations of inequality, constituting a severe violation of human rights. Gender-based violence encompasses any act aimed at harming a person because of their gender. It can manifest in various forms (sexual, physical, psychological, domestic, economic...) and its consequences are devastating.

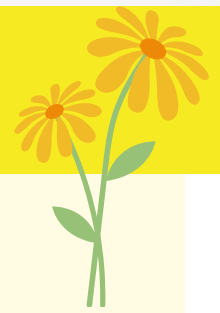
The "Open Your Eyes" ApS project aims to involve undergraduate students from the Faculty of Education in the training activities. Student's in Spain and India will design pedagogical materials and resources to contribute to gender violence awareness. This project builds on previous experience from the course "Television, Audiovisual Media, and Education" (3rd Year, Pedagogy Degree), where audiovisual content was created to address issues related to gender equality and violence prevention.

To execute this ApS project, initial gender violence awareness workshops will be conducted by an expert for different groups of participating students from various courses in Spain and India. Following this initial intervention, students will work online with India to design and create technological and/or audiovisual resources. These resources will later be used by LIVE HAPPY in their training workshops for school students in GOA.

Throughout the material and resource creation process, teachers and students will maintain contact with us to know more about this experience. The design of resources will vary depending on the course and the group of students involved. This ApS project will help develop the competencies of the involved degrees and courses in a cross-disciplinary manner.



TEACHERS



What do you like about Live Happy?

Live happy is the NGO which works for the betterment and bright future of the children. Where children of different age and family come together to learn. This NGO not only works for local children but also children from different places, which i like the most.

What do you like about your work?

I love children, so the idea of teaching small kids makes me really happy. Not only I can teach them but can also participate in different activities, which makes me recollect my childhood memories.

Why did you start working at Live Happy?

I heard a alot about the NGO and being with children makes me happy and satisfied, so when I got to know that the NGO is hiring teachers I applied for it without a doubt .

What is a special moment that you'd like to share?

The most special moment for me is when the children come and say that they understood the method in which i thought them and will then remember it easily.

-Pooja



VOLUNTEERS



Coming to India and working for Live Happy after school was truly a good decision. I felt very welcomed and even after just a few days, like an important member of the team whose work is genuinely appreciated.

Working with the children has shown me how much can be achieved through trust, encouragement, and consistency. Seeing shy and quiet children open up and smile is truly heartwarming. Watching them learn and grow in such a short period of time makes me realize the impact and importance of this work.

As I look ahead to the coming months, I am grateful and excited to continue this journey. I hope to contribute positively to this special place, learn more about myself, and of course about Indian culture. I look forward to everything that is still to come.

-CARLA



I have been part of the Live Happy NGO since September, and the time here so far has been truly amazing. I especially love working with the children. Whether it's study time, where you can see progress from time to time, or the activities at the end of the day where the children can give free rein to their creativity, it's just great!

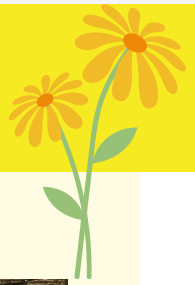
Seeing their smiles every day and watching how they grow, learn, and feel more and more comfortable at Live Happy is incredibly rewarding. It is beautiful to see how much joy and confidence they gain over time.

I am very grateful for this experience and truly look forward to the next seven months here at Live Happy.

-LOTTI

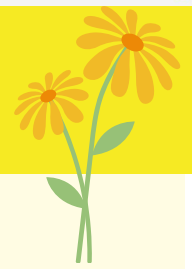


PICTURES





JULY



The month of July was an inspiring and activity-filled period at Live Happy. As part of our ongoing project “LIVE EMPOWER — Holistic Learning Classes”, we organised a range of activities that focused on academic learning, health awareness, and environmental responsibility.

Our holistic approach to education goes beyond the traditional classroom framework. By combining daily academic learning classes, a free dental health check-up, and a community clean-up drive, we aimed to give our children not only knowledge, but also practical experiences that foster responsibility, confidence, and a sense of community.

Throughout the month, our team of coordinator, tutors, volunteers and partner organisations worked hand in hand to make each initiative impactful.





ACADEMIC LEARNING CLASSES AT LIVE HAPPY



At Live Happy NGO, our academic learning classes have played a key role in supporting the educational journey of our children.

These sessions were thoughtfully designed to provide the right kind of help to each age group—tutors worked closely with the older students, offering in-depth guidance on more complex subjects, while volunteers focused on helping the younger children strengthen their basic skills and school lessons.



Each tuition hour was carefully planned, with time set aside for clear explanations, revision, and regular tests. This structured approach helped ensure that the children truly understood and remembered what they were learning.

More than just academics, these classes were about creating a positive, encouraging environment where children could grow in confidence and develop a genuine love for learning. With a mix of dedicated teaching and caring support, our academic learning sessions continue to make a lasting impact—preparing our children not just for exams, but for a brighter future.





DENTAL CHECK-UP



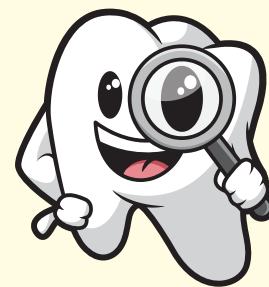
On 18th July, we hosted a Free Dental Health Check-up in collaboration with the **Sant Antoni Ananthamy Charitable Trust**. The Event took place all afternoon and every child here in Live Happy benefited from this important initiative.

The aim of the check-up was twofold:

- To provide essential dental examinations and care to children.
- To raise awareness about oral hygiene and preventive health practices.

Doctors from the charitable trust, including Dr. Anosca Menezes and Dr. Yisana Dsouza, conducted the check-ups and took time to explain proper dental hygiene habits in a child-friendly way. Through demonstrations and conversations, they helped the children understand why regular brushing, flossing and dental visits are essential for long-term health.

For many children this was their first professional dental consultation, helping to reduce anxiety about medical check-ups and instilling healthy habits from young age. This collaboration is one good example of how partnerships with Live Happy can create tangible, positive impacts in children's lives.





CLEAN-UP DRIVE



On 24th July, Live Happy organised a successful Clean-Up Drive in Assagao, Goa, in collaboration with **Support Wings NGO, Mumbai**. This initiative combined practical environmental action with an important educational experience, teaching children the value of environmental responsibility and community engagement.

The drive aimed to instill a sense of environmental responsibility among the children at our NGO. Together with volunteers and staff, the children participated in cleaning the local area, collecting waste, and discussing ways to keep their surroundings clean in the long term.

This activity fostered teamwork, responsibility and pride in contributing to the community. It also allowed children to witness the direct impact of collective action and to understand their role in protecting the environment.

The event not only made a visible difference in the local environment but also planted the seeds of environmental consciousness in the minds of the children.





AUGUST



This month, our focus remained on strengthening classroom learning, fostering creativity, and deepening the children's understanding of the world around them. Through carefully planned lessons, cultural celebrations, and community engagement, August was filled with meaningful experiences that inspired both knowledge and compassion.

Throughout August, our tutors and volunteers continued to hold regular learning sessions for the children. The younger children focused on improving their reading, writing, and number skills through simple lessons and fun activities. The older students worked on subjects like English, Math, and Science. They also had small tests and oral question-and-answer sessions to help them understand their lessons better.

Tutors explained every topic in easy ways and gave extra help whenever needed. The children enjoyed learning together, asking questions, and sharing what they knew. These classes helped them become more confident, responsible, and happy learners, creating a positive space where education felt enjoyable every day.





INDEPENDENCE DAY CELEBRATION



Our Independence Day celebration was filled with enthusiasm and learning. The day began with an engaging session by our Coordinator, who shared inspiring stories about India's freedom struggle and the heroes who shaped our nation. The children listened carefully and took part in a short discussion, sharing what freedom means to them.



To help them learn better, the children completed creative worksheets about India's history and symbols. Later, the older students enjoyed a hands-on paper craft activity, designing colorful Indian flags and decorations that brought a festive spirit to the classroom.



The celebration ended with a joyful singing of patriotic songs, filling the room with pride and unity. It was a meaningful day that helped our children understand the importance of independence and love for their country in a heartfelt and memorable way.



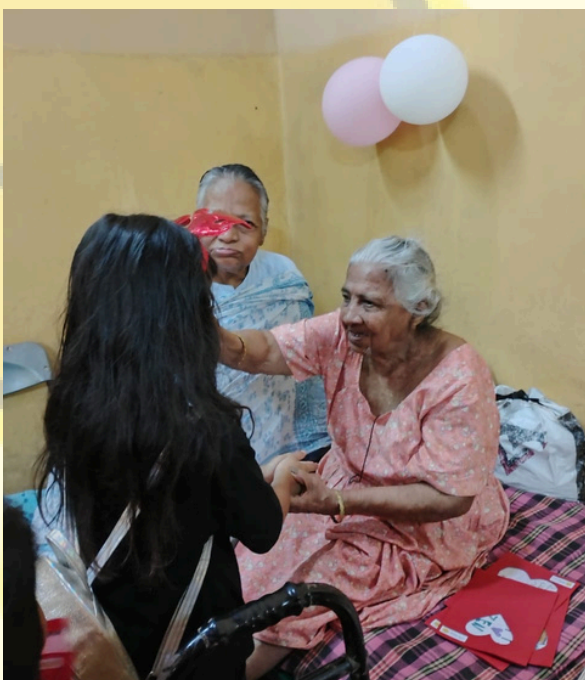


VISIT TO OLD AGE HOME



In honor of Senior Citizens Day, our children visited the Old Age Home in Assagao. A truly heartwarming experience for everyone involved. Guided by our Coordinator, the children prepared handmade cards filled with love and gratitude.

They also organized performances, including dances, songs, and short acts, which brought smiles and laughter to the faces of the elderly residents. The event concluded with the children distributing their cards and receiving blessings from the seniors—a beautiful reminder of how compassion and connection can bridge generations.





SEPTEMBER



September was a time to learn, celebrate and create awareness. Throughout the month, our activities combined both educational and social aspects of learning. The children participated in academic learning sessions, interactive lessons by our interns and special programs that celebrated important occasions such as Teachers' Day and World First Aid Day. This month was also meaningful as we had to say good to our volunteer Mia and welcomed two new volunteers.

To conclude the month, our team also dedicated efforts to a fundraising initiative which not only supported our ongoing projects but also created awareness about Live Happy's mission within wider community.





TEACHERS' DAY CELEBRATION



On 5th September we celebrated Teachers' Day. The event was organised with enthusiasm and creativity, involving both children and the Team.

In preparation for the celebration, the children made beautiful cards for the teachers, filled with heartfelt messages and colorful designs. The Live Happy Home was decorated by the children themselves with banners, balloons, and drawings, creating a warm and festive atmosphere. With support of the Live Happy Team and Interns, the kids also prepared performances, including songs, short skits, and dances, to express their appreciation and love for the teachers.

The highlight of the day was the genuine excitement and happiness visible on every child's face as they presented their work and shared their gratitude. The event concluded with the distribution of snacks, bringing everyone together in a joyful celebration.

Teachers' Day at Live Happy served as a reminder that education thrives not only through books and lessons but through relationships built on care, respect and mutual inspiration.

♥
**TEACHING IS A
WORK OF HEART**





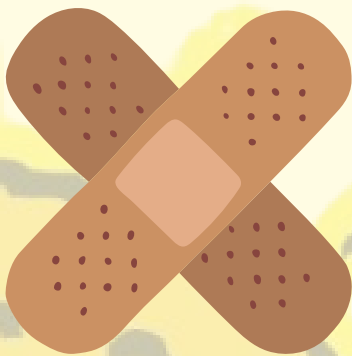
FIRST AID DAY SESSION AND AWARENESS



COULD YOU SAVE A LIFE?

In honour of the World First Aid Day on 13th September, we had a session to teach the children about basic first aid procedures and precautions to take during emergencies.

During the session, the children were introduced to the contents of a First Aid Kit and learned how to handle common injuries, cuts, burns, and other minor medical situations safely. To make the learning injuries more interactive, the team and children created an awareness reel for Live Happy's Instagram page, spreading to the wider community.



The activity reinforced Live Happy's commitment to providing not just academic education, but also essential life skills that empower children to care for themselves and others.

**A REAL-LIFE EMERGENCY!
QUICK – WHAT'S YOUR MOVE?**



1. A person suddenly collapses at a party. They're not breathing. What's your **FIRST** step?

- A) Call an ambulance 🚑
- B) Check pulse 🫀
- C) Start chest compressions 🔄
- D) Splash water on their face 💧

HERE'S WHAT YOU SHOULD BE DOING...

In an emergency where someone collapses and isn't breathing, the top priority is to alert emergency services specially if you aren't confident right away—this ensures professional help arrives quickly while you (or someone else) can start life-saving actions like CPR.



Dial: 108 than CPR by placing your hands on the chest, press down 5–6 cm using your body weight, then release fully. Repeat 100–120 times per minute until help arrives





FUNDRAISING

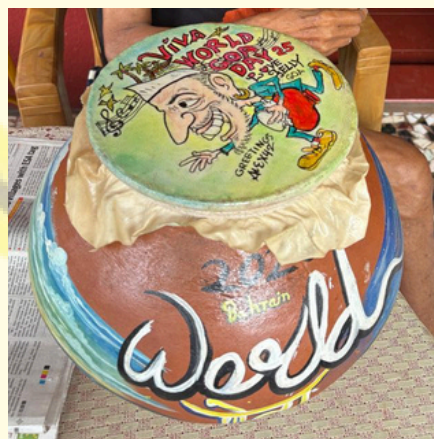
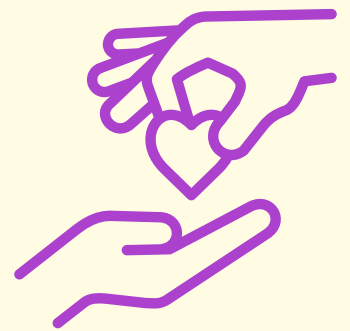


Towards the end of September, Live Happy focused, besides the children, on fundraising activities. One part was the production of handmade coconut soaps, carefully crafted and packaged with Live Happy's own label. These soaps represented both the spirit of craftsmanship and the NGO's commitment to eco-friendly practices.

Our founder showcased and sold the soaps then on World Goa Day in Bahrain, using the occasion not only to raise funds but also to create awareness about Live Happy's work and mission.

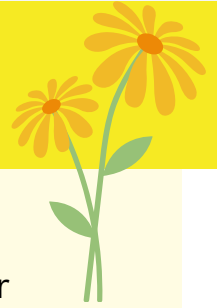
In addition to the soap, our founder also auctioned a Ghumot (a traditional Goan instrument) in Bahrain. The Ghumot had been handcrafted by Goan artists: John Paul Valles, Felly Gomes, Divesh Gadekar and Alexi. The piece was purchased by Mr. Noel, President of the Young Goan Club, making the auction a heartwarming success story that blended art, culture and charity.

We are deeply grateful to all our supporters and sponsors whose generosity makes these initiatives possible.





OCTOBER



October was a lively month at Live Happy Home, filled with learning, creativity, and celebration. The children made steady progress in their academic classes, showed their artistic talents during a drawing competition with artist Divesh Gadekar, and learned about emotions in a fun interactive session with visitors Isha and Rekha.

The highlight of the month was our colorful Diwali Camp 2025, where the children celebrated the festival of lights through art, craft, and cultural activities. The camp brought smiles, teamwork, and the true spirit of Diwali to our home.





DRAWING COMPETITION



Art met inspiration when talented local artist Divesh Gadekar visited our Live Happy Home to lead a drawing competition for our children. The day was filled with color, creativity, and joy as Divesh encouraged the children to express themselves freely through art. The kids, divided into younger and older groups, painted beautiful scenes inspired by nature, while Divesh himself created a stunning artwork of a Ghumot surrounded by his young admirers.

The event concluded with a cheerful award ceremony celebrating the children's imagination and talent.





DIWALI CAMP

From October 13th to 17th, Live Happy shone brightly with joy and creativity during our annual Diwali Camp 2025. The camp aimed to help children understand the meaning of Diwali, while promoting cultural awareness, teamwork, and community spirit.

Each day offered a special activity linked to Diwali traditions. The week began with lantern making, where the children crafted colorful paper lanterns to decorate our classroom. On the next day, they expressed their creativity through diya painting, learning about the diya's role as a symbol of light and hope.

Midweek brought a touching activity - Diwali card making and distribution. The children designed heartfelt cards and personally handed them to the people of Assagao, spreading joy and gratitude.

One of the most exciting moments came with Narkasur making, a Goan tradition representing the triumph of good over evil. The children worked together to build a large reflection of the demon Narakasura using hay and newspaper, preparing for the grand finale.

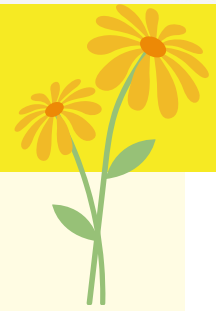
On the final day, they created beautiful flower rangolis, symbolizing positivity and good luck, before joyfully gathering to burn the Narkasur, marking the victory of light over darkness.

The week was filled with color, laughter, and learning.





WORKSHOP TO EMOTIONS



On October 22nd, we welcomed two wonderful guests, Isha and Rekha, who led an engaging session on the topic of emotions. Rekha began by explaining different emotions in a fun and interactive way, helping the children identify and understand their feelings. The children were also able to express their emotions using an emotion scale to show how they were feeling at that moment, and we have been integrating this into our daily routine ever since to find out how they are doing each day.

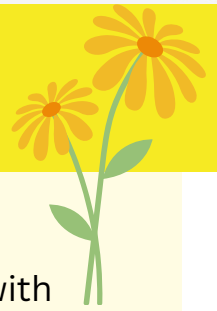
Afterwards, Isha guided everyone through games designed to reinforce emotional awareness and expression.

The children thoroughly enjoyed the session, gaining valuable insights into empathy, communication, and self-awareness, all essential life skills for their personal growth.





NOVEMBER



November was vibrant and engaging month at Live Happy NGO, filled with creative activities, joyful celebrations and meaningful learning experiences

Throughout the month, our activities went beyond classroom learning and also focused on helping children express themselves, feel valued and gain confidence. From artistic competitions to celebrating childhood and learning about healthy food choices, November truly reflected our commitment to holistic child development.





NEWSPAPER DRESS COMPETITION



On 5th November 2025, we had a Newspaper Dress Competition aimed at enhancing the children's motor skills, creativity, and teamwork. The children were divided into three groups, and each group was challenged to design and create one outfit for a boy and one for a girl using only newspaper and glue.

The activity encouraged the children to think creatively, plan together, and collaborate as a team. Once the outfits were completed, each group proudly presented their designs, explaining their ideas and creative choices. Based on creativity and presentation, a King and Queen were selected, and the winners were honored with small prizes.

The competition was lively, fun, and highly engaging, giving the children an opportunity to express their imagination while learning the importance of cooperation and confidence in presenting their work.





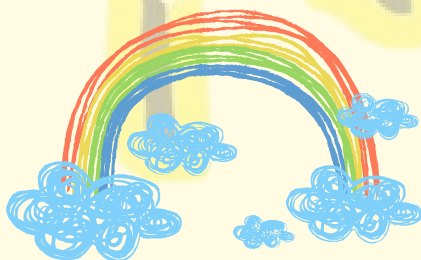
CHILDREN'S DAY



Children's Day was celebrated with great enthusiasm on 14th November 2025, making the children feel special, valued, and truly seen. The celebration began with a short introduction by the teachers, who explained the significance of Children's Day and why it is important to celebrate childhood.

This was followed by a series of games competitions that filled the space with laughter and excitement. One of the highlights of the day was an adventurous treasure hunt, which encouraged teamwork, problem-solving, and active participation. The celebration continued with dance performances, where the children confidently showcased their talents.

To conclude the day, gift bags were distributed to all the children, leaving them with smiles and happy memories. The celebration reinforced the importance of joy, play, and emotional well-being in a child's development.





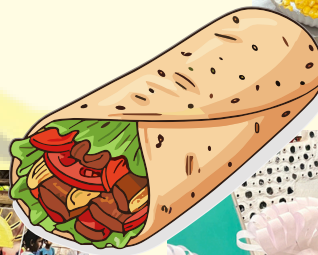
LITTLE CHEFS



On 28th November 2025, Live Happy hosted Little Chefs Day, a hands-on activity to give food, teach children about healthy eating and basic food preparation. The children actively participated in preparing their own wraps and energy balls making the experience both educational and enjoyable.

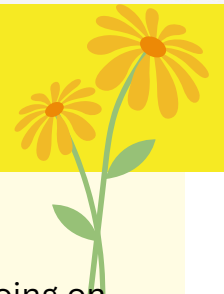
From washing the ingredients to assembling the wraps, the children were involved in every step of the process. This activity helped them understand the importance of nutritious food while also building independence and confidence in the kitchen. The session encouraged curiosity, creativity, and awareness of healthy food choices in a safe and supportive environment.

Little Chefs Day was a wonderful day leaving the children with a bright smile.



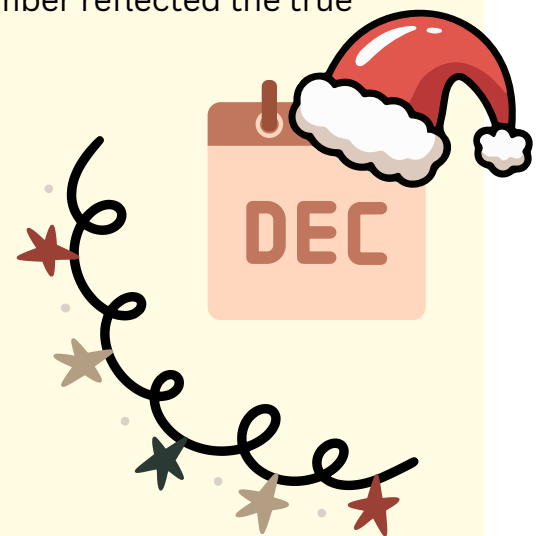


DECEMBER



December this year was all about getting into the Christmas mood! But besides creating beautiful decoration for the Happy Home exams were going on, leading to busy study sessions. Our month was marked by learning, social awareness and environmental responsibility and of course festive celebrations.

Throughout the month, the children actively participated in both educational and experiential programs that encouraged responsibility, creativity, and emotional well-being. From caring for our environment to expressing ideas on gender equality and celebrating the festive spirit of Christmas together, December reflected the true essence of holistic learning at Live Happy.





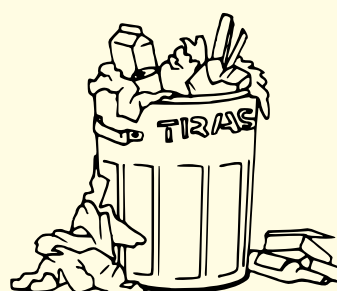
CLEAN-UP DRIVE



On 15th December 2025, Live Happy organized a Cleanliness Drive at the riverside of Kaisuva (Shapora) with the objective of promoting cleanliness, environmental awareness, and the preservation of natural and spiritual heritage.

Participants gathered near the river and worked together to collect plastic waste and other litter from the surrounding area. Through this collective effort, the children and team members helped restore the cleanliness and natural beauty of this sacred place. The activity emphasized the importance of respecting nature and taking responsibility for protecting shared spaces.

After completing the drive, the participants shared a small snack together, reinforcing a sense of teamwork and community. The cleanliness drive was conducted in a positive and cooperative atmosphere.





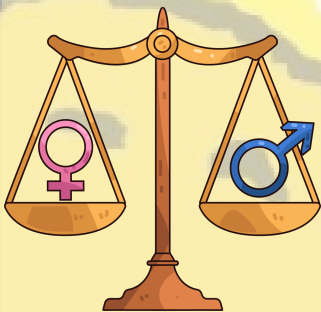
POSTER MAKING COMPETITION



A Poster Making Competition on Gender Equality was held on 18th December 2025 to create awareness among children about gender equality, inclusion, and creativity. The program began with a short introduction explaining the importance of equal rights, respect, and inclusion for all genders.

Each child was provided with a set of drawing materials and encouraged to express their thoughts and ideas through art. Over the course of one hour, the children created colorful and meaningful posters that reflected their understanding of equality and fairness.

After evaluation, the best three posters were selected, and the winners were rewarded with prizes. All participants were appreciated for their efforts and received snacks at the end of the activity. This competition provided a creative platform for children to express social values while building confidence and artistic skills.



GENDER

EQUALITY





CHRISTMAS PARTY



The month concluded with a joyful Christmas Celebration on 25th December 2025, organized to create a warm, festive environment where children could feel happy, valued, and included. The celebration began with fun games such as Passing the Parcel and Musical Chairs, with winners receiving prizes.

During the games, Divesh Gadekar delighted the children with face painting, adding excitement and color to the celebration. Before cutting the Christmas cake, the children performed a dance they had been practicing for weeks, showcasing their dedication and enthusiasm.

The celebration continued with a large lunch enjoyed by the children and their parents, fostering togetherness and community bonding. To conclude the event, each child received a Christmas gift. With cheerful music, laughter, and active participation, the Christmas event was a memorable and heartwarming way to end the year at Live Happy.





SPONSOR A CHILD

YOUR SPONSORSHIP HELPS LESS PRIVILEGED CHILDREN ACCESS EDUCATION AND CREATE A BRIGHTER FUTURE.

₹6,000 PER YEAR

₹3,000 FOR HALF A TERM

₹500 PER MONTH

PROVIDE ESSENTIAL CLASSES TO BRIDGE THE KONKANI LANGUAGE GAP

DONATE HERE:

LIVE HAPPY



11238049@cbn

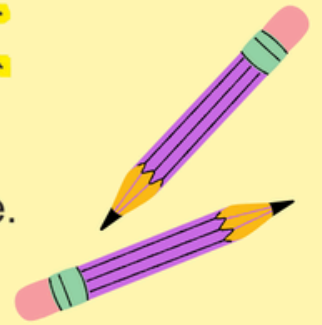
ALL DONATIONS ARE TAX-FREE

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Discover The Message Within And Share.



What you receive as a sponsor

As a valued sponsor you will receive a personalised report from the child you support.

this report includes:

- An introduction to the child and their background
- Updates on what is happening at Live Happy
- Educational progress and achievement

Through these updates, you can witness the real impact your support is making and build a meaningful connection with the child whose future you are helping to shape.



Your sponsorship is more than a donation — it's a partnership that changes lives.



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