

Establishment of Happiness Curriculum Cell at DIET, DaryaGanj :

“Happiness is when what you think, what you say and what you do are in harmony.”

-Mahatma Gandhi

Happiness is a state of being which is difficult to define uniformly for every individual. Happiness is a sense of eternal peace evolving as a result of synchronization between the mind, heart and soul. When individual beings win over the conflicting battle between their own thoughts, emotions and actions/doing, is when they experience a sense of internal happiness.

A. BACKGROUND:

Education has a larger purpose to serve and hence, it must not be seen in isolation from the dire needs of today's society. The primary purpose of education is to create self contented and self confident individuals, who learn to uphold the virtue of integrity through the thick and thin in life. Aristotle has said, *“Happiness is the only self sufficient achievement of learning.”* In today's world all of us are striving hard to attain happiness and everything we do in life is just a presumed step towards happiness. This is repeatedly brought to our notice when we see some horrifying instances in our very own school. The murder incidence in the Ryan International School had shaken the entire country. All such incidences compel us to re-think on the purpose of education as much more than merely improving the student's exam performance. It can be said that ultimate aim of human beings is to achieve happiness in their lives and spread the same in the society.

Henceforth, taking a step further to address these long term societal issue and issues of mental health and well being among the students, Delhi government has initiated this project on *“Happiness Curriculum”* from standard Nursery to standard VIIIth. As Mahatma Gandhi had rightly said, *“If we want to reach real peace in this world, we should start educating children.”* Thus, introduction of happiness curriculum in the schools is to educate children to make peace with their inner being and discover self in the process of learning. And if we inculcate happiness in the children right from their childhood, they will grow up to become stress-free and happier adults. This curriculum is just a stepping stone towards establishing a better, positive and vibrant society with happy individuals.

B. VISION:

A happy and harmonious society comprising of confident, mindful, responsible and happy individual.

C. OBJECTIVES:

- To encourage creative and critical thinking in the learners.
- To develop holistic approach to education and build healthy minds.
- To enable learners to understand their emotions both, positive and negative.
- To facilitate the learners to develop healthy coping mechanisms.
- To enable the learners to learn to live in present and remain contented in the moment.
- To help the learners to be more aware of their being i.e. the inner being and the social being.

D. CURRICULUM

This curriculum will be based on a series of diverse activities spread across Nursery to Class VIII in 3 groups, with one class daily (35 mins duration). Three groups have been formed for the same.

1. Group 1: Nursery - Class II
2. Group 2: Class III - Class V
3. Group 3: Class VI - Class VIII

Members of Committee:

(A) SCERT/ DIET

1. Dr. Rajesh Kumar, Chairperson
2. Dr. Anil Kumar Teotia, Principal, DIET Dilshad Garden
3. Dr. Shyam Sundar, Nodal Officer/ Sr. Lecturer, DIET DG
4. Dr. Sandeep Kumar, Lecturer, DIET DG
5. Ms. Swati Chaurasia, CMIE Fellow, SCERT
6. Mr. Pramod Kumar Malik, Lecturer, DIET DG
7. Ms. Neha Sharma, Lecturer, DIET DG

(B) Cell for Human Values & Transformative Learning, CFHVTL

1. Mr. Jang Bahadur Singh, Chairman, CHVTL
2. Mr. Shrawan Kumar Shukla, CFHVTL
3. Mr. Ankit Pogula, CFHVTL
4. Mr. Sanjeev Chopra, CFHVTL
5. Ms. Nivita Kakria, CFHVTL

(C) Directorate of Education (DoE)

1. Ms. Mythili Bector, OSD Primary, DoE
2. Ms. Runu Choudhary, In- Charge, Happiness Curriculum , DoE
3. Dr. C.S. Verma, Principal, DoE
4. Ms. Rakhee Sharma, EVGC, DoE
5. Dr. Amita Garg, EVGC , DoE
6. Ms. Upasana Khatri, EVGC , DoE
7. Ms. Priyanka Dabas, Assistant Teacher, DoE
8. Mr. Amit Kumar, Assistant Teacher , DoE
9. Mr. Rajnikant Shukla, PGT , DoE

(D) DoE Happiness Mentor Teachers

1. Ms. Suman Rawat, PGT , DoE
2. Dr. Karamvir Singh, PGT , DoE
3. Ms. Asha Rani , PGT , DoE
4. Ms. Neeru Puri, PGT , DoE
5. Mr. Anil Kumar Singh, PGT , DoE
6. Mr. Vipul Kumar Verma , TGT , DoE
7. Ms. Geeta Misra, TGT , DoE
8. Mr. Ramprakash Verma , TGT , DoE
9. Ms. Neha Sharma , TGT , DoE
10. Mr. Sumer Singh , TGT , DoE

11. Mr. Manoj Kumar Mangla , TGT , DoE
12. Ms. Supriya , TGT , DoE
13. Mr. Pardeep Kumar , TGT , DoE
14. Mr. Manjeet Rana , TGT , DoE
15. Mr. Pardeep Tarkash , TGT , DoE
16. Mr. Avinash Kumar Jha , TGT , DoE

(E) NGOs

1. Labhya Foundation
2. Dream-A- Dream
3. Blue Orb Foundation
4. Circle of Life
5. Abhibhavak Vidhyalaya

Report on Implementation status of Happiness Curriculum : 2018 - 2019

National Workshop on Happiness Curriculum: A national workshop was organized wherein, applications on innovative and best practices related to Happiness Curriculum were invited at a National level. Approximately, 17000 proposals were received, out of which 21 proposals were accepted and invited for presentation at the National Workshop on Happiness Curriculum held on 9th May, 2018. The workshop was conducted in four sessions which were chaired by different SCERT and DOE officials. The key note address was delivered by Sri Manish Sisodia, Hon. Dy. CM and Minister of Education, govt. of NCT of Delhi.

Development of Curriculum and Content: Following the National Workshop, a further selection of 6 individuals/organization was done to bring them on board for development of the content of Happiness Curriculum. These organizations were selected on the basis of the feasible activity/story banks available with the organizations, the innovative ideas that have already been implemented in the government schools and the ideas that require minimum teacher training for transaction in schools. The various innovative ideas and best practices followed by different organizations were clubbed in to develop a Happiness Curriculum Framework which was made the basis for development of the content for Happiness curriculum. Thereafter, the content on Happiness Curriculum was developed in three groups. Three handbooks for teachers were developed for grade Nursery – II, III-V and VI-VIII, wherein the expertise and innovative ideas of all the organization and individuals were taken into consideration.

Validation of the Curriculum and Content: After development of the curriculum and content, the same was passed by the Governing Council on 25th June, 2018.

Launch of the Happiness Curriculum: The Happiness curriculum was officially launched by His Holiness The Dalai Lama on 2nd July, 2018 at Thyagraj Stadium amidst 4000 audience comprising of few ministers of the government of NCT of Delhi, officers of the Directorate of Education, Heads

of Schools and Teachers. The program was presided over by the Honorable Chief Minister, Govt. of NCT of Delhi. The key note address was delivered by Sri Manish Sisodia, Hon. Dy. CM and Minister of Education, govt. of NCT of Delhi.

Orientation on Happiness Curriculum: A four days orientation program was conducted for Teachers, HoS, Principals, Vice-Principals, Special Educators, EVGCs, DIET and SCERT faculties. Altogether, approximately 21000 individuals were given a half day orientation on the need, perspective of happiness curriculum and the transaction methodologies for the Happiness Curriculum from grade Nursery – VIIIth. The orientation program was conducted in 7 slots of half day each, wherein, 4 slots were for the teachers of grade VIth – VIIIth and 1 slot each for the teachers of grade Nursery – IInd and IIIrd – Vth and 1 slot for RDEs, DDEs, DEOs, HoS, Special Educators and EVGCs. The orientation program was conducted in five sessions i.e. Perspective and Framework, Syllabus Outline, Mindfulness Demonstration, Story Demonstration and Activity Demonstration. The day wise details of the participants attended the orientation program on Happiness Curriculum is as follows:

Details of Participants: Coordinators- Dr. Shyam Sundar, Sr. Lecturer, DIET DG				
Ms. Neha Sharma, Lecturer, DIET DG				
Mr. Pramod Malik, Lecturer, DIET DG				
Dates	Slots	Target no. of Participants	Participants Attended	Details
10 th July	Morning	3200	3034	Teachers TGT, PGT and Assistant Teachers
	Evening	3100	2992	Teachers TGT, PGT and Assistant Teachers
11 th July	Morning	2500	2371	Teachers TGT, PGT and Assistant Teachers
	Evening	3100	3072	Teachers TGT, PGT and Assistant Teachers
12 th July	Morning	2200	2130	Teachers TGT, PGT and Assistant Teachers
	Evening	4000	4118	Teachers TGT, PGT and Assistant Teachers
13 th July	Morning	2400	2311	HoS, Special Educator, EVGCs, DDEs, RDEs

Execution of Happiness Classes: The Happiness Curriculum has been executed in all the schools of DoE with effect from 16th July, 2018. The team of personnel who have been contributing in the development of this curriculum is visiting the schools for observation and on-site support to the teachers transacting the Happiness Curriculum.

Training of Trainers: Various trainings have been organized for the internal Happiness Team including the Happiness Mentor teachers and members of the selected organizations working in the content development and training program in regard to Happiness programme. The trainings have been facilitated by the members of Cell for Human Value and Transformative Learning (CHVTL) and facilitators from Dream a Dream, Bangalore. The details of the trainings are provided below:

Details of Trainings					
Dates	Programme	Target no. of Participants	Participants Attended	Participants	Components of Training
06 th Dec '18 & 7 th Dec '18	Training of Trainers for the Happiness team	40	38	Happiness Team	Facilitation Skills
12 th Dec '18 & 13 th Dec '18	Training Plan Design for Happiness Teacher Coordinators	34	34	Happiness team	Development of Training Design

Training of Mentor Teacher on Happiness Programme: Two orientation/training programs have been conducted for the mentor teachers regarding the pedagogy of the Happiness classes and the right implementation of the Happiness classes in the schools. These orientation/training programs were a platform for addressing the queries of the mentor teachers with reference to implementation of the Happiness program in schools. The details of both the training program are given below:

Details of Trainings					
Dates	Programme	Target no. of Participants	Participants Attended	Participants	Components of Training
05/7/18	Orientation of Mentor Teachers on Happiness	200	180	Mentor Teachers	- Demonstrating Transaction methodologies on Happiness Curriculum i.e. Stories, Activities, Mindfulness & Expression Day
10/12/18 & 11/12/18	Training of Mentor teachers regarding Happiness Classess	200	186	Mentor Teachers	- Addressing queries of the participants

Training of Happiness Coordinators: The Happiness Curriculum team was involved in Happiness Coordinators Training of their respective districts from 17th -21st December, 2018. The Happiness Coordinators Training was conducted simultaneously at 9 venues in 5 cycles in batches of approximately 35-40 participants. The objective of the training was to provide clear understanding of the transaction pedagogy of the Happiness Curriculum to the participants so that they can ensure proper implementation of the Happiness Classes in their respective schools. The details of the trainings are as follows:

Details of the Happiness Coordinators Training Program					
S. No.	STRICT	Programme	NO. TARGET	NO. ACHIEVED	COORDINATORS
1.	NORTH EAST	Training of Happiness Teacher coordinators	144	124	SH. SUNIL TOMAR
2.	EAST	Training of Happiness Teacher coordinators	128	107	SH. PARVIN KUMAR DR. MS ALAM
3.	NORTH WEST A	Training of Happiness Teacher coordinators	150	137	D.S. YADAV Ms. Tanvi
4.	NORTH WEST B	Training of Happiness Teacher coordinators	141	138	Dr. Suman Ms. Vandana
5.	WEST A and WEST B	Training of Happiness Teacher coordinators	158	136	Sangeeta CHAUDHARY Dr. Lovely Puri
6.	SOUTH WEST A	Training of Happiness Teacher coordinators	48	44	DR. SHARDA KUMARI LAXMI PANDEY

7.	SOUTH WEST B	Training of Happiness Teacher coordinators	100	95	DR. Sarita Ms. Rajesh Solanki
8.	SOUTH, SOUTH EAST	Training of Happiness Teacher coordinators	179	169	DR. NEELAM DR. RUBI MALIK
9.	NORTH, Central. New Delhi	Training of Happiness Teacher coordinators	119	111	DR. SHYAM SUNDAR DR. SANDIP