

Sadbhavna

Feeling Good About Yourself



People often think happiness is based on what you achieve and acquire. *My whole life would improve if I had a new car... His Father is having 3 cars. We have only two. I just need a better job and then I can relax and be happy... My friend is having Nike shoes. I only have Reebok. My friend went to Spain. I only went to Singapore.*

You get the car and what happens? For a whole week you're walking on air. Then you go right back to being unhappy. Happiness is not a happening; it's a state of mind. You can have everything in the world and still be miserable. Or you can have relatively little and feel unbounded joy.

Happiness comes from mastering the art of appreciating and consciously enjoying what you already have. A lot of people have been guilty of taking things for granted at times. No matter what you do, who you meet or what you get, there is always something more! It is important to strive – but sometimes you need to stop and appreciate what you have already done or have; otherwise you may end up feeling like the dog running in circles – never catching its tail.

It is very important for our Students' to understand that everyone is not lucky enough to go to a good School. For the needy people, having 2 pair of clothes is a luxury. There are hundreds of kids who attend school only because they get a free meal. They don't have a luxury of going to School in a Bus. They have to walk every day.

It is our duty to put a smile on their faces. **Sadbhavna** is our effort to achieve that goal.

(Project by Students of Std. VIII)