

In Search of Happiness and Wellbeing of School Students

Abstract

Happiness is related to personal health, growth and development. Positive psychology gives major emphasis on student's level of happiness and wellbeing for better learning. To achieve the prime goal of education i.e. overall development of the students, they must be provided with a happy and barrier-free environment in school. Happy students flourish both internally and externally. World Happiness Report (2017) indicated that India belongs to the global group of least happy countries. This unpleasant report compels the educationists to improve the wellbeing of the students apart from their academic achievements. Following this agenda the researchers wish to cultivate the idea of happiness lesson in school level. The aims of the study are to comprehend the concept of happiness and its necessity during student life. The study also seeks to explore various strategies to accentuate the happiness and wellbeing of school students. This is a qualitative-analytical study based on review of scholarly literatures in this field. The study reveals multifarious benefits of teaching happiness to school students. This article also mentions various strategies to be taken by schools to train their students in long-lasting happiness and wellbeing.

Keywords: *Happiness, life-satisfaction, mindfulness, sustainability, wellbeing.*