

INTERNATIONAL HAPPINESS DAY 2025



EVENT ORGANISERS

❖ **NETWORK FOR HUMAN AND SOCIAL DEVELOPMENT**

❖ **LACOMPETE**

❖ **REACH TO BE HEARD**

DATE

16th April 2025

VENUE

ISLAMABAD HOTEL

The International Happiness Day was commemorated with considerable élan on April 16th, 2025, at the prestigious Islamabad Hotel. This meticulously orchestrated symposium was the collaborative endeavor of three distinguished organizations: Network for Human and Social Development, LA Compte, and Reach to be Heard.

Organizing Partners

Network for Human and Social Development (NHSD), spearheaded by Dr. Fauzia Moghees, is a non-profit organization established in 2012. NHSD has distinguished itself through pioneering initiatives in disaster risk management, community resilience fortification, and sustainable livelihood programs across the Pakistani landscape.

La Compte, under the astute direction of Shehroze Ameen, is a registered technology enterprise founded in 2021. The firm has garnered recognition for its exemplary services in web development architecture, sophisticated database management solutions, and innovative graphic design services.

Reach to be Heard, led by the erudite Fatima Anwaar, MS in Clinical and Counselling Psychology, brings extensive expertise in providing specialized psychological interventions, with particular emphasis on children with neurodevelopmental disorders and adults presenting with behavioral challenges.

Event Proceedings

The International Happiness Day was an all-encompassing, day-long festivity that commenced with various exhibitors meticulously arranging their displays while students from diverse educational institutions converged at the venue. Concurrent with the stall preparations, a plethora of engaging activities and competitions unfolded on the main stage.

The enthusiastic students from Islah Public School participated with remarkable vigor in the Happiness Freeze Dance and demonstrated commendable teamwork in constructing the Happiness Pyramid. The articulate students from Fatima Jinnah University delivered compelling oratory presentations and generously volunteered their melodious voices for musical performances on stage.

The representatives from the Motorway Police delivered an enlightening discourse on the concept of happiness, interspersed with witty anecdotes that resonated with the audience. The delegation from Rescue 1122 not only expounded on happiness but also conducted comprehensive first aid training sessions. Audience members were invited to the stage to demonstrate the practical application of the techniques taught, fostering an interactive learning environment.

The event was further enriched by the mellifluous musical renditions by Ali Zeb and the mesmerizing “Khattak Dance” performance by Asfand Yar Khatak, which showcased the rich cultural tapestry of Pakistan.

Exhibition Highlights

The exhibition area featured an eclectic array of stalls that captivated the attendees' interest. Particularly noteworthy were:

- **Artisanal Mehndi Stall:** Offering intricate henna designs that combined traditional patterns with contemporary aesthetics
- **Jewelry Displays:** Featuring handcrafted ornaments ranging from delicate silver filigree work to bold statement pieces
- **Apparel Collection:** Showcasing a fusion of modern and traditional Pakistani attire with embroidery and fabric work
- **Aromatic Handcrafted Soaps:** Presenting a variety of natural, fragrant soaps made with indigenous ingredients
- **Decorative Candle Exhibition:** Displaying an assortment of artistically designed candles, many incorporating traditional Pakistani motifs

Distinguished Attendees

Throughout the day, a succession of distinguished guests graced the event with their presence. Each esteemed visitor perambulated through the exhibition area, expressing profound appreciation for the diverse displays. They relished both the melodious musical performances and the dynamic dance presentation. Every dignitary shared their perspicacious insights regarding International Happiness Day from the podium.

The illustrious roster of chief guests included: - Air Vice Marshal (Retired) Khalid Masood Rajput - Ms. Fajar Rabia Pasha, Executive Director of Pakistan Alliance for Girls Education - Dr. Moghees Ikram Ameen, Board of Directors member, NHSD - Ms. Nisha Ishtiaq, Assistant Commissioner - Ms. Mubashera Javed, Superintendent of Police

Culmination

The proceedings culminated in a formal award distribution ceremony prior to the conclusion. Dr. Moghees Ikram Ameen, representing the Board of Directors of NHSD, had the honor of presenting commemorative shields to various participants and contributors. The event reached its conclusion with a comprehensive group photograph, immortalizing this celebration of happiness and communal harmony.

The celebration not only succeeded in raising awareness about the importance of happiness in our daily lives but also fostered meaningful connections among diverse segments of society, from educational institutions and government bodies to artisans and entrepreneurs, all united in the pursuit of collective wellbeing.



































