



Dear Happiness Agent,

Hope this email finds you well. It has been a wonderful experience with you as an Intern.

I am writing to you today to tell you about a festival called **#DaanUtsav** (earlier called the Joy of Giving Week) that the whole of India celebrates from October 2 to 8 every year. The festival brings together Indians from all walks of life, to celebrate 'giving'.

From autorickshaw drivers to CEOs, school children to celebrities, homemakers to opinion leaders and media personnel, millions of people come together during this week to give their time, money, resources, or skills back to society. They do this by creating or participating in events of their choice. A giving event could be as simple as a family taking out their maid's children for an ice-cream party, or as large as 'Gift Compassion'. The latter is an event that has over 10,000 school children every year across India making and exchanging gifts with their peers from different socioeconomic backgrounds.

In 2015, millions participated in more than 1,100 events across 110 cities all over the country, by raising several tens of crores in money and resources donated, and giving millions of volunteer hours.

It would be wonderful if you could yourself or ask your friend to do one of the following acts of kindness/giving:

1. Make paper bags using old newspaper and give them away.
2. Talk to a homeless person. Gift a meal, or a pair of footwear.
3. Stand at a traffic light for an hour and help people cross the road.
4. Make a pot of chai and serve it to night watchmen.
5. Give a hug to a sweeper and thank him for his work.
6. Have a bucket bath -- save water!
7. Go to lunch with your office peon and learn his life story.
8. Take public transport on your next trip, and donate saved money.
9. Give a gift to the sweeper in your society.
10. Avoid plastic for 7 days; carry a cloth bag instead.
11. Give your maid a surprise paid day off.
12. Clean a statue in a public place.
13. Have a party with children of domestic helpers in your society.
14. Volunteer for a week at an orphanage or a home for the elderly.
15. Help a rag picker collect and carry waste for an hour.
16. Sponsor a movie ticket for someone who can't afford it.
17. Help read to someone who is illiterate.
18. Gather a few friends and clean up a public park.
19. Take some street kids on a Joy Ride in your car or in a taxi.
20. Sit in a bus and buy tickets for all the passengers in the bus.
21. Chat with elders about their advice to future generations.
22. Help your maid clean the floor
23. Help your cafeteria's waiter with self-service.
24. And more of what you can think of!



Yes! I Am Happy.

Daan Utsav

### What follows next?

There are four simple steps to take a #HappyDot selfie --

1. Do an act of giving in context to the #DaanUtsav week from 2--8 October.
2. Put a Happy Dot sticker on your cheek/finger/hand. Alternatively, you could also draw the Happy Dot with simple marker pen.
3. Take a Selfie.
4. Share it with us. You mail that Selfie with your facebook id to [sharingforhappiness@gmail.com](mailto:sharingforhappiness@gmail.com),

Example (of Selfie):



Also, you can support by spreading with your families about the Online Campaign  
(Link: [www.milaap.org/campaigns/yesiamhappy](http://www.milaap.org/campaigns/yesiamhappy) )

Looking forward for your contribution 😊

Regards

**Team, Yes! I Am Happy.**