Because I’m Happy!

*..clap along if you feel like a room without a roof!’*

-Saumya Kalia, XI D

Happiness in an extremely abstract concept. You can be happy and sad, you can be happy and excited, you can be happy and be so many things at once. People say happiness is a state of mind, and some also say it’s within you.

**When you’ve discovered your ultimate jam:** This feeling is indescribable, still worth a try: You listen to a song, fall in love with it, listen to it every day, and set it on replay that is something we all can relate to.

**When you find out you have substitutions for the whole day:** Imagine this: You’re all set to start your day with a boring Math class when suddenly the notorious kid in your class comes running to make everything better: there’s a substitution! Yes, that very moment is when your heart skips a beat!

**When you realise your canteen has the best food: T**here is nothing better than cajoling your friend into giving you a treat and have an amazing party with those 20-30 bucks!

**When you finish what you started:** It’s not seldom that you start something with a great deal of excitement and get bored midway, that’s an ugly truth. There’s a moment of success, a moment of extreme joy when you realise ‘Wow, I really did that!’

**When you plan a trip after a long time:** Extended weekend ahead? YES! Vacations after days of hard work, be it exams or Unit tests or just a hectic schedule at school, the idea of going somewhere for 2-3 days or longer is overwhelming!

**When your mom cooks something amazingly delicious:** Aloo ke paranthe, spicy rajma rice, or butter chicken, nothing can compete with the famous ‘Maa ke Haath ka khana!’

**When you see your favourite movie playing on the television:** There are some Bollywood classics no Hollywood movie can beat. Be it ‘Main Hoon Na’ or ‘Kuch Kuch Hota Hai’, you’re never too old for wonders.

**When you know you have nothing to do after days of work:** Only a workaholic can get this! The moment when you realise you’ve crossed every item on your to-do-list and you REALLY have nothing to do, that’s when you get pumped up!

**When you remember a happy memory:** You’re scrolling down that boring timeline, when something relatable catches your attention. This leads to recalling some memory which leaves you with a hint of a smile on your face.

**When you sleep:**  Do you love pillows? Or do you hug your bed at times? Yes, you love to sleep! This is one feeling which can do away with all your feelings at once!

What are you waiting for? Clap along!