

March 20

The International Day of Happiness

a United Nations Initiative



Artwork by Sri Chinmoy

Exhibition of Paintings for Happiness United Nations Headquarters



Commemorating
the International Day of
Happiness, March 20,
a United Nations Initiative



Sri Chinmoy's Happiness Paintings and Drawings from children in 27 countries



Painting for Happiness
by Nora Amaya Palkon,
great-granddaughter
of UN Secretary-General
U-Thant

Painting kindly submitted
by Aye Aye Myint U,
daughter of the UN's
very esteemed
third Secretary-General

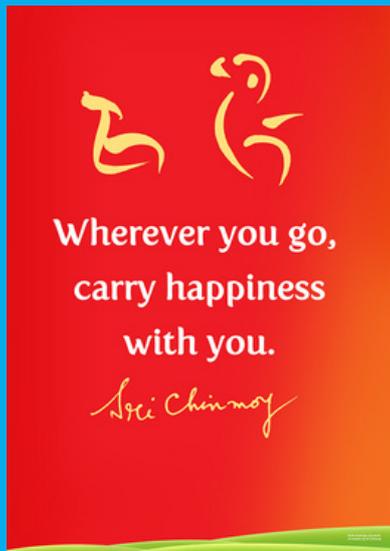
Aye Aye Myint U

Ranjana Ghose
Curator of the Jharna-Kala
Artwork



Artworks by Sri Chinmoy and the "Kids to Kids" project
offering you a happier art for a healthier society.
We hope you get joy from this art.

Happiness Banners in Portugal



Professor Simone Auf der Maur,
University of Porto, Portugal

"In Portugal, we were energized by the international Happiness Banners initiative, and we contacted schools to see if they would like to have a banner.

Five pioneer Portuguese primary and secondary schools, from Porto and Aveiro, have chosen to participate in the Happiness Banners project so far. "



Fátima Neiva,

The coordinator of Basic School No. 1
of São Bernardo

"This banner will be an instrument for changing the school climate, by stimulating positive feelings such as joy, kindness, happiness and hope."



Musical Performance by Children
Inspired by Happiness Banners

Students at Basic School of the 2nd and 3rd
Cycles D. António Ferreira Gomes,
performing the song, "Your Heart is as
Beautiful as the Rainbow", by Sri Chinmoy



Seeds of Hope talk

[CLICK HERE](#)

Celebrating United Nations International Days and introducing unique methodologies of Kids to Kids Global, enabled students to embrace the Sustainable Development Goals

[CLICK HERE](#)

21 Century teaching skills by Professor Simone Auf der Maur

[CLICK HERE](#)

Kids to Kids Global case studies introduced by Professor Auf der Maur

[CLICK HERE](#)

Celebrate the 2026 International Day of Happiness with Songs



happiness

sing

Nothing delights our soul
More than soulful singing.

— Sri Chinmoy



sing happiness

A selection of songs
and writings by Sri Chinmoy

Sri Chinmoy was a spiritual leader who was born in India in 1931. He moved to New York in 1964 and during the next 43 years he worked tirelessly for world peace. To inspire people all around the world, Sri Chinmoy wrote 1,600 books, composed more than 22,000 songs, gave lectures, painted, drew millions of birds, meditated with and honoured citizens from all walks of life, and encouraged people to enjoy sports and good sportsmanship. In 1987, he began a running relay in which people of all ages pass a flaming torch from hand to hand to spread the message of peace and friendship. This event continues today in over 100 countries and is known as the "World Harmony Run." Sri Chinmoy also started the "Oneness-Heart-Tears and Smiles" organization, which provides food, medicine and school supplies for people in need. In its "Kids to Kids" projects, children can help other children by sending friendship letters, artwork and toys.

Be like a child,
Act like a child.
Go from one flower to another
In your heart-garden
Until you find complete joy
And perfect satisfaction.

— Sri Chinmoy

Seventy-Seven Thousand Service-Trees, Part 38, #3,776

1

If there is peace-beauty,
Then there is
Happiness-fragrance.

Words and Music
By Sri Chinmoy
January 18, 2006

$\bullet = 140$ Moderate-fast

If there is — peace — beau-ty, — then there is hap-pi - ness — fra-grance.

From *Enthusiasm Songbook Part 10*, by Sri Chinmoy

Where
Is my happiness?
It is inside my peace
And nowhere else.

— Sri Chinmoy
(Twenty-Seven Thousand Aspiration-Plants, Part 65, #6,439)

A Selection of Happiness Songs

2

Serve the crying earth,
You will be happy.

(two versions)

Words and Music
By Sri Chinmoy
July 29, 2000

$\bullet = 132$ Moderate-fast

Serve the cry - ing earth, — you will be

hap - - - - - py. —

From *Enthusiasm Songbook Part 3*, by Sri Chinmoy

Words and Music
by Sri Chinmoy
September 25, 2004

♩ = 126 Moderate-fast

3



Serve the cry-ing earth, you will be hap - py,— hap - py, hap - - - - - py.

Not yet published

To be happy,
Do not try to understand
The world,
But try to be useful
To the world.

— Sri Chinmoy
(Seventy-Seven Thousand Service-Trees, Part 22, #21,339)

4

**Forgiveness is the only real happiness
That lasts.**

Words and Music
By Sri Chinmoy
April 8, 2003

♩ = 144 Moderate-fast



For - give - ness _____ is the on - - ly real hap - - pi - - - - ness



that _____ lasts. _____

From *Enthusiasm Songbook Part 6*, by Sri Chinmoy

Do not compare
If you want to be happy.
Do not blame
If you want to be happy.

5

**May my heart remain always hungry
For oneness-happiness.**

Words and Music
By Sri Chinmoy
May 3, 2003

♩ = 144 Moderate-fast

May my heart re - - - main al - - ways hun - - - - - gry
for one - ness - hap - - pi - - - ness. _____

The musical score is written on two staves in G major (one sharp) and 4/4 time. The tempo is marked 'Moderate-fast' with a quarter note equal to 144 beats. The melody is simple and repetitive, with lyrics placed below the notes. A triplet of eighth notes is used for the word 'pi' in the second line.

From *Enthusiasm Songbook Part 6*, by Sri Chinmoy

A Selection of Happiness Songs

A Selection of Happiness Songs

6

**Wherever you go,
Carry happiness with you.**

Words by Sri Chinmoy
December 1982
Music by Sri Chinmoy
April 10, 2005

♩ = 120 Moderate-fast

Where - e - ver _____ y - ou _____ go, _____
car - ry hap - pi - ness w - - - - ith you. _____

The musical score is written on two staves in G major (one sharp) and 4/4 time. The tempo is marked 'Moderate-fast' with a quarter note equal to 120 beats. The melody is simple and repetitive, with lyrics placed below the notes. A triplet of eighth notes is used for the word 'pi' in the second line.

Not yet published;
composed to an excerpt from poem #5,140 of *Ten Thousand Flower-Flames*, by Sri Chinmoy

Perfect happiness is
Enthusiasm minus
Expectation.

7

**The children of happiness
Will create a new world.**

♩ = 136 Moderate-fast

Words and Music
by Sri Chinmoy
August 26, 2005

The chil - dren of hap - pi - ness will cre - ate _____
a _____ new _____ world. _____

The image shows two staves of musical notation in G major (one sharp) and 4/4 time. The first staff contains the melody for the first line of the song, with lyrics 'The chil - dren of hap - pi - ness will cre - ate _____'. The second staff continues the melody for the second line, 'a _____ new _____ world. _____', and includes first and second endings marked with '1.' and '2.' above the notes.

From A God-Devotion-Teardrop songbook, by Sri Chinmoy

A Selection of Happiness Songs

8

**Just one smile immensely increases
The beauty of the universe.**

♩ = 148 Fast

Words and Music
by Sri Chinmoy
August 26, 2005

Just one smile im - mense - ly in - creas - - - - - es
the bea - u - ty of the u - ni - verse. _____

The image shows two staves of musical notation in G major (one sharp) and 4/4 time. The first staff contains the melody for the first line of the song, with lyrics 'Just one smile im - mense - ly in - creas - - - - - es'. The second staff continues the melody for the second line, 'the bea - u - ty of the u - ni - verse. _____', and ends with a double bar line and repeat dots.

From A God-Devotion-Teardrop songbook, by Sri Chinmoy

When I share
My happiness,
I multiply it.

9

**May my heart offer happiness-flowers
To each and every human being.**

Words and Music
by Sri Chinmoy
July 25, 1992

♩ = 132 Moderate-fast

May my heart of-fer hap-pi-ness-flow-ers
to each and ev-'ry hu-man be-ing.

The musical score is written on two staves in G major (one sharp) and 4/4 time. The tempo is marked 'Moderate-fast' with a quarter note equal to 132 beats. The melody features a triplet of eighth notes on the word 'hap-pi-ness'.

From *May My Heart-Flower-Smile Never Fade Away* songbook, by Sri Chinmoy

A Selection of Happiness Songs

10

**Sleepless selflessness is needed, sleepless selflessness,
To climb up the summit-heights of happiness.**

Words and Music
By Sri Chinmoy
July 6, 2007

♩ = 168 Moderate-fast

Sleep-less self-less-ness is need-ed, sleep-less self-less-ness,
to climb up the sum-mit heights of hap-pi-ness.

The musical score is written on two staves in G major (one sharp) and 4/4 time. The tempo is marked 'Moderate-fast' with a quarter note equal to 168 beats. The melody is characterized by a steady eighth-note rhythm.

From *Enthusiasm Songbook Part 12*, by Sri Chinmoy

A Selection of Happiness Poems

Every day there is only
One thing to learn:
How to be honestly happy.

— Sri Chinmoy
(*Ten Thousand Flower-Flames, Part 70, #6,947*)

Happiness is my name,
For the desire to appear right
Has been replaced
By the desire to be right.

— Sri Chinmoy
(*Ten Thousand Flower-Flames, Part 9, #857*)

You follow
Your heart's love.
Your life's happiness
Will follow you.

— Sri Chinmoy
(*Twenty-Seven Thousand Aspiration-Plants, Part 83, #8,300*)

There is only one duty,
And that duty is to live happily.
To live happily
What we need is a child's heart
And a saint's life.

— Sri Chinmoy
(*Ten Thousand Flower-Flames, Part 11, #1,081*)

Spread happiness
Wherever you go.
Become fulness
Wherever you are.

— Sri Chinmoy
(*Seventy-Seven Thousand Service-Trees, Part 21, #20,007*)

Do you want to be always happy?
Then give up fighting
For negativity
And learn the beautiful art
Of self-encouragement.

— Sri Chinmoy
(*Ten Thousand Flower-Flames, Part 12, #1,120*)

A Selection of Happiness Poems

Do not allow circumstances
To frighten you.
Do not allow situations
To torture you.
Look beyond appearances.
Yours will be
The unmistakable happiness.

— Sri Chinmoy
(*Ten Thousand Flower-Flames, Part 19, #1,880*)

Your own sincere search
For yourself
Will become a synonym
For perfection-happiness.

— Sri Chinmoy
(*Twenty-Seven Thousand Aspiration-Plants, Part 8, #784*)

The time to be really happy
Is now,
Here at the very place
Where you are.

— Sri Chinmoy
(*Seventy-Seven Thousand Service-Trees, Part 22, #21,811*)

Happiness
Is of supreme importance.
When I am really happy,
I have no time
To find fault with others.

— Sri Chinmoy
(*Seventy-Seven Thousand Service-Trees, Part 13, #12,081*)

Happiness shared
Is
Maximised.

— Sri Chinmoy
(*Seventy-Seven Thousand Service-Trees, Part 22, #21,863*)

Enjoy your happiness-moments
And do not advertise
Your troubles.

— Sri Chinmoy
(*Seventy-Seven Thousand Service-Trees, Part 21, #20,454*)

Friendship is the soil
Where happiness
Proudly grows.

— Sri Chinmoy
(excerpt from *Friendship*)

He is truly happy
Who has become the bridge
Between his heart's love
And his life's service.

— Sri Chinmoy
(*Twenty-Seven Thousand Aspiration-Plants, Part 72, #7,118*)

A happiness-heart
Knows how to blend
And how to bend
At any time.

— Sri Chinmoy
(*Seventy-Seven Thousand Service-Trees, Part 30, #29,507*)

The problem with fault-finding
Is that he who finds fault with others
Is in no way a happy person
Even after he has successfully
Accomplished his task.

— Sri Chinmoy
(*Ten Thousand Flower-Flames, Part 38, #3,747*)

The inner happiness
Never depends on
Outer happenings.

— Sri Chinmoy
(*Seventy-Seven Thousand Service-Trees, Part 29, #28,515*)

A heart of sympathy
Is a life of happiness,
Indeed.

— Sri Chinmoy
(*Seventy-Seven Thousand Service-Trees, Part 33, #32,457*)

The United Nations General Assembly declared March 20th of each year as the International Day of Happiness. Adopted on 28 June 2012, Resolution A/RES/66/281 states in part: *The General Assembly, [...] Conscious that the pursuit of happiness is a fundamental human goal, [...] Decides to proclaim 20 March the International Day of Happiness, Invites all Member States, organizations of the United Nations system and other international and regional organizations, as well as civil society, including non-governmental organizations and individuals, to observe the International Day of Happiness in an appropriate manner, including through education and public awareness-raising activities [...].*

happiness

Enjoy more writings on happiness by Sri Chinmoy in "The Jewels of Happiness"
(available in fine bookstores and on www.jewelsofhappiness.com) and other writings
and songs on www.srichinmoylibrary.com and www.srichinmoysongs.com.