





# ACTIVITY PROGRAM

CELEBRATING  
INTERNATIONAL DAY OF HAPPINESS  
March 16th to 22th 2026

## MARCH 1st



March's Wholebeing Happiness Challenge  
Organized by: Julia Seal



English



10:00 AM  
EST



[www.happiness-matters.org](http://www.happiness-matters.org)

## MARCH 10th



"Everyday Happiness" Community Photo Showcase.  
Organized by: Arlen Solodkin



English /  
Spanish



8:00 AM  
EST



[www.seeinghappy.org](http://www.seeinghappy.org)



Manage Anxiety and Be A Happy Teacher  
Organized by: Xiulan Liu



Chinese



9:00 PM  
EST



"Strength at First Sight"  
Organized by: Teresa Sun



Spanish

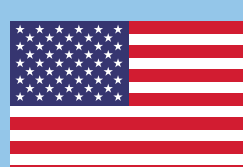


10:30 PM  
EST



Dream Studio  
Shanghai

## MARCH 11th



Activate International Day of Happiness  
Organized by: Michelle Zou



English



2:00 PM  
EST



Microsoft  
Campus

## MARCH 12th



Mental Healing Peer Support Group  
Organized by: Melody Wu



Chinese



1:30 AM  
EST



Pudong,  
Shanghai



Reading The Analects  
Organized by: Alicia



Chinese



6:30 PM  
EST



Visit Art Exhibition of "Jinnong"  
Organized by: Shine



Chinese



12:00 PM  
EST



Zhejiang Art  
Museum  
Hangzhou



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## MARCH 13th



נשיומה Neshima  
Organized by: Iris Shapira



Hebrew



4:30 PM  
EST



Xenofontos 25,  
Voula, Athens



Capitalize Happiness  
Organized by: Lulu Chen



Chinese

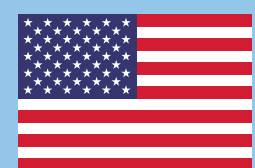


29:00 PM  
EST



[www.seeinghappy.org](http://www.seeinghappy.org)

## MARCH 14th



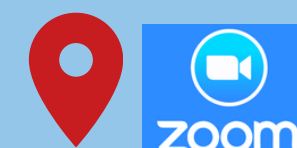
Silly Goose Society Monthly Meeting  
Organized by: Karen Auld



English



10:00 PM  
EST



Stewartsville, NJ



Happiness Jogging  
Organized by: Billy Li



Chinese

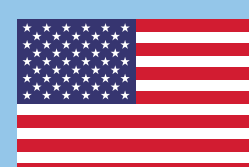


7:00 PM  
EST



Two Cities in  
China

## MARCH 15th



Cultivating Happiness  
Organized by: Laura Spining



English



4:00 PM  
EST





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## MONDAY 16th



**Kick Off Webinar**  
HSA | HAPPINESS  
STUDIES ACADEMY



English



10:00 AM  
EST



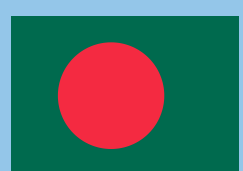
Happiness Consultants –  
Questions on Happiness  
Organized by: Thantaswa Qongqo



English  
IsiZulu



3:00 AM  
EST



Happiness in Communication: Building  
Meaningful Relationships  
Organized by: Tinni Amin | Guided by Md Yousuf



Bangla



4:00 AM  
EST



"Masi", lo hago💪 ("Heck yeah, I'm do it!")  
Organized by: Laura Ruth Canosa



Spanish



8:00 AM  
EST



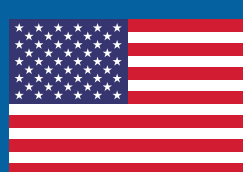
Free Coaching sessions  
Organized by: Dení Vázquez



French



8:00 AM  
EST



Happiness Scavenger Hunt  
Organized by: AlinaJoy DuBois



English



8:00 AM  
EST



SPIRE x Tao Te Ching  
Organized by: Aqin Wang



Chinese



8:00 PM  
EST



"All of Eva's men together in the  
Happiness Revolution"  
Organized by: Eva Bastante



Portuguese  
Spanish



12:00 PM  
EST



Cultivamos y celebramos la pro-  
socialidad como camino de la Felicidad  
Organized by: Alfredo Garcia



Spanish



2:00 PM  
EST

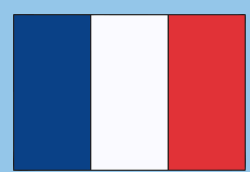




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## MONDAY 16th



Être alignée avec qui l'on est, un pré-requis au bonheur...

Organized by: Bella Schwarz



French



3:30 PM  
EST



Happy Running & Talk Show

Organized by: Giang Ha Son Nguyen



Vietnamese  
English



6:05 PM  
EST



El impacto del dialogo en tu felicidad

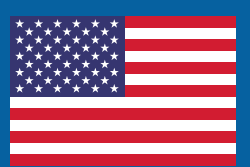
Organized by: Giannina Cambana



Spanish



8:00 PM  
EST



HAT Group Game night!

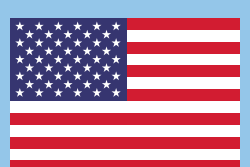
Organized by: Master of Happiness  
Studies 5 | HAT Group 4



English



8:00 PM  
EST



Simply Happy Now

Organized by: Jasmine Pham



English



9:00 PM  
EST





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## TUESDAY 17th



Happy Waltz Podcast 1-Year Anniversary & International Day of Happiness' Special Episode  
Organized by: Yoyo Duan



Chinese



7:00 AM  
EST



Xiaoyuzhou  
Podcast



Journaling from the Future  
Organized by: Jean-Pierre Beelen



English



10:00 AM  
EST



Teams



Eres consciente de tu felicidad  
Organized by: Olga Mayorga



Spanish



10:00 AM  
EST



Fundación Proyecto Unión  
Centro de Vida Tocancipá



Happiness: The Power of Well-Being / Felicidad: El poder de estar bien.  
Organized by: Verónica Cuevas Marte



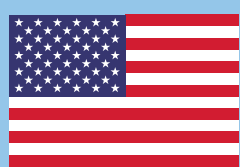
Spanish



11:00 AM  
EST



LIVE



Happiness Circle in Nature  
Organized by: Liron Friedman



Hebrew



11:00 AM  
EST



Closter nature centern  
Cresskill, NJ



The Góral Happiness Dr Sebastian Flizak: A Mountain Leader from the Gorce Mountains  
Organized by: Marek Liszka



Polish / English



1:00 PM  
EST



Jagiellońska 6, Kraków  
Kraków



Desing thinking & the science of happiness  
Organized by: Carolina Torres & Zoramar Oviedo



Spanish



6:00 PM  
EST



in



Happy Bang-Relationship Year--  
Relationship with Death  
Organized by: Aqin Wang



Chinese



7:00 PM  
EST



Ser Feliz es para Valientes,  
presentación de libro  
Organized by: Valentina Luján



Spanish



7:45 PM  
EST



Feria Internacional de la  
lectura, Yucatán



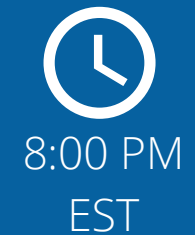
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INTERNATIONAL DAY OF HAPPINESS  
March 16th to 22th 2026

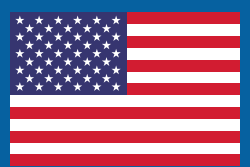
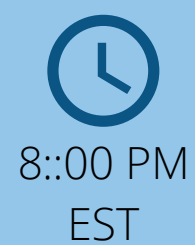
## TUESDAY 17th



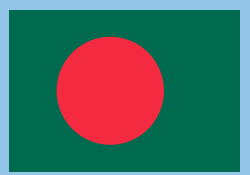
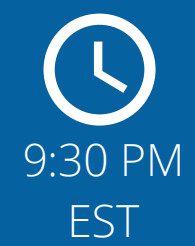
Sonrie a pesar de...  
Organized by: Karla Aviles



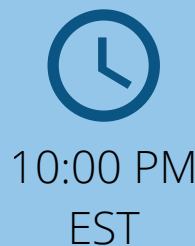
El poder de la gratitud:  
reprogramando tu cerebro  
Organized by: Mónica Hoyos Ossa



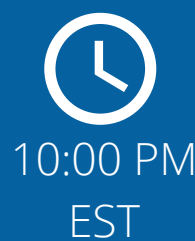
Meditation for Self-Love  
Organized by: Julia C Salemme



Design Your Happiness  
Organized by: Yousuf Efti and conducted by  
Rawnok Jahan Nisa



Finding Happiness DNA of China -  
SPIRE X The Analects  
Organized by: Aileen Wu





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## WEDNESDAY 18th



Blooming women  
Organized by: Luca Firanescu Shaked



English



5:30 AM  
EST



VNTR Club



Happiness Webinar  
Organized by: Lulu Chen



Chinise



7.30 AM  
EST



+Happy Leadership: The Science of Well-being in Action.  
Organized by: Mariano Paz Soldan



Spanish



8:00 AM  
EST



What makes you happy?  
Organized by: Tine van den Wall Bake



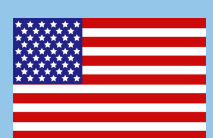
Spanish



09.00 AM  
EST



Lima



Mural of Joy  
Organized by: Carola Suazo



English



10:00 AM  
EST



Berkeley



Athletes of Happiness: Resilience and Emotional Training  
Organized by: Jorge Segoviano



Spanish



10:00 AM  
EST



"HAPPY Art" with Malena Peón  
Organized by: Malena Barquin



Spanish



11:00 AM  
EST



Centro Cultural Olympo Merida



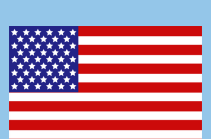
Friend Fest  
Organized by: Ashley Michael



English



11:00 AM  
EST



Midlife Isn't a Crisis — It's a Calling...  
From Survival to Sur-Thrival™!  
Organized by: KC Jones



English



11:00 AM  
EST



"Ser FELIZ es para Valientes" en Mérida  
con Valentina Luján  
Organized by: Malena Barquín



Spanish



12:00 PM  
1:00 PM EST



Centro Cultural Olimpo Merida



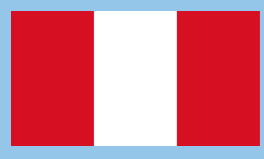
# ACTIVITY PROGRAM

CELEBRATING

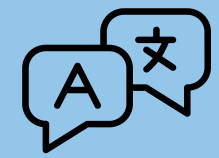
INTERNATIONAL DAY OF HAPPINESS

March 16th to 22th 2026

## WEDNESDAY 18th



Guided Heart Meditation  
Organized by: Giannina Cambana



Spanish



12:00 PM  
EST



Lima Golf Club



ENSPIRE Leadership  
Organized by: Venki Raman



English



12:00 PM  
EST



zoom



Hábitos para vivir más feliz  
Organized by: Olga Mayorga



Spanish



13:00 PM  
EST



LIVE



What is Happiness to You? University  
and Everyday Life  
Organized by: Marek Liszka



Polish



13.30 PM  
EST



Kraków



The French Art of not giving a shit with Dr. Tal  
Ben-Shahar and Fabrice Midal  
Organized by: HSA



English



3:00 PM  
EST



zoom



Spire yoga session  
Organized by: Tuti Levy



Spanish



6.30 PM  
EST



Lima



Construye tu mejor versión 2026"  
Organized by: Mónica Hoyos Ossa



Spanish



8:00 PM  
EST



LIVE



"Los médicos también estudian la ciencia de  
la felicidad"  
Organized by: Dana Benarroch, Katy Cuartas y  
Lesvia Vargas



Spanish



9:00 PM  
EST



LIVE



The Mirror of Relationship by Spark  
Happy Parent Academy  
Organized by: Lingxi



Chinese



10:00 PM  
EST



Spark Studio,  
Chongqing



Wellbeing by Hiking  
Organized by: Maggie Zeng



Chinese



10:15 PM  
EST



Zhuhai



# ACTIVITY PROGRAM

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## THURSDAY 19th



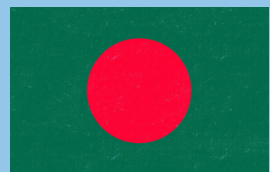
Happy Change  
Organized by: Claudia Gabler



German



5:30 AM  
EST



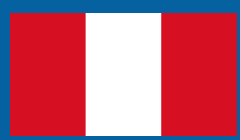
The Science of Happiness in Sales  
Organized by: Md Yousuf



Bangla



10.00 AM  
EST



Happiness Dance  
Organized by: Giannina Cambana



Spanish



10:00AM  
EST



Lima Golf  
Club



Tiles & Smiles: The happiest mahjong  
meet-up of the year  
Organized by: Lisa Van Strat



English



10:00 AM  
EST



Yardley



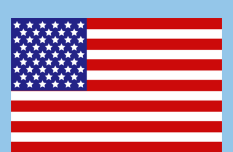
Happiness Masterclass  
Organized by: Sophia Waweru



English



11:00 AM  
EST



Happiness Wheel  
Organized by: Monica Arellano



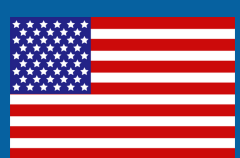
English



11:00 AM  
EST



Villanova University



"Three Good Things" Happiness  
Moment  
Organized by: Gameiro



English



12:00 PM  
EST



Marathon  
, Florida Keys



Happiness wall  
Organized by: Lima local chapter



Spanish



11:30 AM  
EST



Lima



Entrena tú mente a tu favor  
Organized by: Gaby Acosta



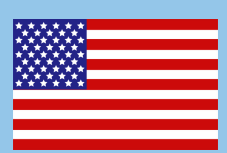
Spanish



9:00 PM  
EST



Cd juarez Chih  
México



The Happiness Tree Decoration 幸福树  
Organized by: Yihong Wei



Chinese  
English



12:00 PM  
EST



Chicago



# ACTIVITY PROGRAM

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## THURSDAY 19th



Happy Housing  
Organizer : Erfa Alani



English



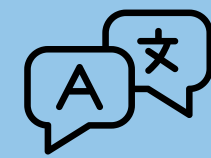
1:00 PM  
EST



Kitchener



SALUD Y FELICIDAD  
Organized by: Jorge Aguirre



Español



2:00 PM  
EST



Mexico



Sesión Puente: herramientas para volver  
a empezar  
Organized by: Franklin Castro



Spanish



2:30PM  
EST



San José



From an international perspective, risks  
and prevention in investment and  
entrepreneurship in China  
Organized by : Amanda Cheng



Chinese



6:30 PM  
EST



zoom



¿Cómo ayuda la familia en nuestra felicidad?  
Organized by: Pablo Perazzo



Spanish



8:00PM  
EST



zoom



Happiness Entrepreneurship  
Organized by: Amanda



Chinese



21:30PM  
EST




zoom



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## FRIDAY 20th

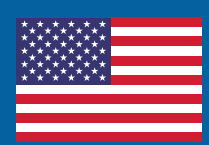
	<p>Happiness and Health Class Organized by: Nancy Yang (Haiyan)</p>	 Chinese	 1:00 aAM EST	
	<p>"320: Sowing Seeds of Happiness Together" Organized by: Coco Cheers</p>	 Chinese	 2:20 AM EST	 Center of Shanghai City
	<p>Felicidad con los abuelos Organized by: Olga Mayorga</p>	 Spanish	 7:00 AM EST	 Comedor "María es mi Madre" (Bogotá)
	<p>Let's Practice Metta on International Day of Happiness Organized by: Karen Auld</p>	 English	 8:00 AM EST	
	<p>Felicidad con CARDIO Organized by: Maria Jose Macaione</p>	 Spanish	 8:00 AM EST	 Parque de la familia Salta
	<p>"Laugh&amp;Learn" Session: Know-Do-Share Happiness through Laughter Yoga Organized by: Rosaria Cirillo</p>	 English	 8:00 AM EST	
	<p>Happy Family Time Organized by: Freye</p>	 Chinese	 8:00 AM EST	
	<p>Nurturing A 'Happier You' with Byte-Size Moves Organized by: Ragini Prasad</p>	 English	 8:30 AM EST	
	<p>5th International Congress of the Mexican Society of Positive Psychology Organized by: Arlen Solodkin</p>	 Spanish	 10:00 AM EST	 TEC de Monterrey, Campus CdMx
	<p>Spring Equinox Family Time Organized by: Tania Kazi</p>	 English	 10:00 AM EST	



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## FRIDAY 20th



Designing the Happy Flow  
Organized by: Cheena Kaul



English



11:00 AM  
EST



¿Eres Feliz?  
Organized by: Olga Mayorga



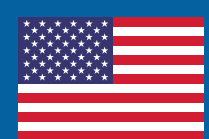
Spanish



11:00 AM  
EST



Hogar Santa Rita de  
Cascia (Bogotá)



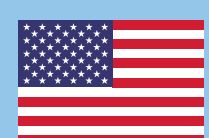
"Launch of "Permission to Spiral"  
Podcast  
Organized by: Meg Nocero & Ewa Dersen



English



12:00 PM  
EST



Happier People are Healthier People  
Organized by: Linda Vertannes-Levy and  
Ashley Hartley



English



12:00 PM  
EST



A Warm Journey of Self-Awareness  
Across Cultures  
Organized by: Zhen (Will) Li



English



12:00 PM  
EST



La FELICIDAD del movimiento  
Organized by: Malena Barquín



Spanish



12:00 PM  
EST



Cartagena  
Colombia



Conferencia: "Herramientas para la  
FELICIDAD"  
Organized by: Malena Barquín



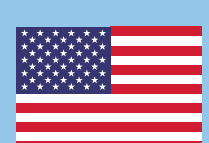
Spanish



1:00 PM  
EST



CERT Merida



Eid Day Celebrations with Family!  
Organized by: safraz khan



English



1:00 PM  
EST



Port Charlotte



Workplace Happiness Luncheon  
Organized by: Kiraitu Murungi



English



2:00 PM  
EST



Safari Park Hotel  
Nairobi



Real Happiness Start With Being  
With Self  
Organized by: Meige Wu



Chinese



2:00 PM  
EST





Hangzhou



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## FRIDAY 20th

	<p>International Day of Happiness Celebration in Camden SC Organized by: Mónica Vidal</p>	 English	 4:00 PM EST	 Rectory Square - Camden SC
	<p>La felicidad como proyecto país: confianza, comunidad y futuro. Organized by: Fabi Salinas</p>	 Spanish	 4:00 PM EST	
	<p>Day of Joy Organized by: Michelle Zou</p>	 English	 4:00 PM EST	 Joyland Farm, Bainbridge Island, WA
	<p>Plática "Felicidad: Visión integral del Bienestar" Organized by: Margarita Casco</p>	 Spanish	 4:00 PM EST	 Programa de radio xeva 91.7 FM Tabasco
	<p>Simposio: Alquimia Emocional: De la adversidad al florecimiento Organized by: Sandy Mora</p>	 Spanish	 5:45 PM EST	 TEC de Monterrey Campus CdMx
	<p>Launch Happier Center Organized by: Michelle Zou</p>	 English	 7:00 PM EST	 Joyland Farm, Bainbridge Island, WA
	<p>Iluminación Palacio Municipal Mérida Organized by: Malena Barquín</p>	 Spanish	 8:00 PM EST	 Palacio Municipal Mérida Yucatán
	<p>Silence and Inward Observation Workshop Organized by: Teresa Sun</p>	 Chinese	 2:00 PM EST	 Kunshan



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## SATURDAY 21st



Happy Teacher Training  
Organized by: Aqin Wang



Chinese



2:00 AM  
EST



H-Lab in Tsinghua  
Science Park, Beijing



Resilience Live Action Role-Playing  
Game Workshop  
Organized by: Debbie Zhou



Chinese



3:00 AM  
EST



Office Building  
Shanghai



SENDERISMO / DANZAS CIRCULARES  
Organized by: Lupita Ramírez



Spanish



7:00 AM  
EST



Cerro Bugambillas  
Zapopan, Jalisco



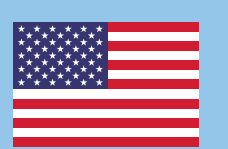
The Happiness Wisdom in The Book <The  
Great Learning > & <The Doctrine of the  
Mean>  
Organized by: Xiulan Liu



Chinese



8:00 AM  
EST



Meditative Walk  
Organized by: Gina Giacona



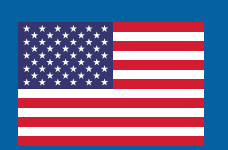
English



9:00 AM  
EST



DelRay Beach  
Florida



How We Flourish Breakfast:  
A Conversation on Awe  
Organized by: Katherina Capra



English



9:00 AM  
EST



Books & Books,  
Coral Gables  
Miami



WORKSHOP: "Felicidad y longevidad:  
Una experiencia en las Zonas Azules"  
Organized by: Liliana Nuñez & Hugo  
Cebrowski



Spanish



10:00 AM  
EST



Tec de Monterrey  
Campus CdMx



Unlock the Code of Happiness—Parent-  
Child Happiness Lab  
Organized by: Winnie Chen



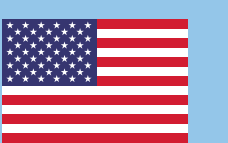
Chinese



10:30 PM  
EST



Zhongshan



SPIRE Run  
Organized by: Ashley Michael



English



11:30 PM  
EST



Private  
Running route



# ACTIVITY PROGRAM

CELEBRATING  
INTERNATIONAL DAY OF HAPPINESS  
March 16th to 22th 2026

## SUNDAY 22nd



Joyful Reading Time  
Organized by: Melody Wu



Chinese



8:00 AM  
EST



Spring Equinox Celebration  
Organized by: Alison McDougall



English



9:00 AM  
EST



Kirkwall, Orkney.  
Scotland



Habita tu felicidad! Una invitación para dejar de buscar la felicidad afuera y empezar a construirla desde adentro.  
Organized by: Delia Gomez



Espanish



10:00 AM  
EST



The Happiness Myth: What it actually takes to live a good life  
Organized by: Tania Timkova



English



12:00 PM  
EST



Suffering-Free Week Review & Planning  
Organized by: Evita Zhao



Chinese



21:30 PM  
EST



Family & Kids Adventure  
Organized by: Billy Li



Chinese



21:00 PM  
EST



Shanghai Feiyue  
Forest Adventure  
Park



Visit Art Exhibition "Does The Flower Hear The Bee"  
Organized by: Shine



Chinese



21:00 PM  
EST



Power Station of Art,  
Shanghai

## TUESDAY 24th



Segunda Caminata de la Felicidad  
Organized by: Tere Straffon



Spanish



12:00 PM  
EST



Parque Viveros de  
Coyoacán, México City

