International Day of Happiness

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Since 2013, the United Nations has celebrated the "International Day of Happiness" as a way to recognize the importance of happiness in the lives of people around the world. In 2015, the UN launched the 17 Sustainable Development Goals that seek to end poverty, reduce inequality, and protect our planet – three key aspects that lead to well-being and happiness.

For this beautiful occasion, more than 188 movie theaters and more than 3000 citizens also in associative rooms showed the movie "What's Happiness to You?"

"What's happiness to you?" this is a question that was asked by Julien PERON, the director of the film, for four years all around the world. Through more than 1500 interviews, 800 000 kilometers and 25 countries, with one and the same objective: to awaken consciousness and sow seeds of happiness!

The French Family Federation joined this campaign by organizing several events:

For example, in the Paris Education Center, the evening was organized under the name of Youth and Students for Peace-France. The MC, Takeyuki KOYAMA presented shortly YSP and introduced the movie. After the projection, he guided a discussion asking participants what happiness for them is and what they can now do to be happier. The evening concluded with a nice buffet.

Also, in Orsay-Les Ulis, several families organized similar screenings in their homes as part of their Tribal Messiah activities. It was a good way to renew contact with friends and guests and the discussion was interesting.

In Lyon (South East of France), they joined a similar event organized by another association for 100 people.

We wait for other communities to organize similar events in the coming days.

"Happiness is the only thing that doubles if you share it." - Albert Schweitzer.