



LAUGH THERAPY SESSION: A JOYFUL PATH TO BETTER HEALTH

Event Timings: 1.30 pm.

Date: 02-04-2024

Venue: 314, B block, KRMU

Event Type: Expert Session

Mode of Activity: Hybrid

Target Audience: Pan-University Students

Resource Person: Ms. Charu Chhabra (Assistant Professor, Dept. of Physiotherapy, Jamia Hamdard University).

Faculty Coordinators: - Dr. Manju Rani (Asssistant Professor, SOHS)

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Organized by: CHETNA SOCIETY

Number of Participants: 36

Chetna Society, in collaboration with KRMU, organized an engaging and insightful "Laugh Therapy Session: A Joyful Path to Better Health" on April 2, 2024. The event, aimed at boosting health and happiness through the power of laughter, featured Ms. Charu Chhabra, an esteemed Assistant Professor from the Department of Physiotherapy at Jamia Hamdard University, as the resource person.

The session commenced at 1:30 pm in Room 314, B Block, KRMU, with an enthusiastic turnout of Pan-University students eager to explore the benefits of laugh therapy. Dr. Manju Rani, Assistant Professor at SOHS, gracefully welcomed the participants and set a warm tone for the afternoon.

Raise Awareness: The primary objective of the "Laugh Therapy Session: A Joyful Path to Better Health" is to raise awareness about the benefits of laugh therapy in improving physical and mental health.

Objectives:

- Educate Participants: The session aims to educate participants on the scientific basis of laugh therapy, including its ability to reduce stress, enhance mood, and contribute to overall well-being.
- Promote Engagement: Through interactive exercises and discussions, the session seeks to promote active engagement among participants, encouraging them to embrace laughter as a tool for self-care.
- Offer Practical Techniques: Attendees will learn practical laughter yoga exercises and techniques that they can incorporate into their daily lives to experience the positive effects of laughter.
- Reach a Diverse Audience: The event is designed to reach a diverse audience of Pan-University students, ensuring inclusivity and accessibility to valuable health information.
- Inspire Lifestyle Changes: Ultimately, the goal is to inspire participants to make laughter a regular part of their lifestyle, leading to improved health, happiness, and overall quality of life.
- Foster Community Connection: By bringing together students from various departments and backgrounds, the session aims to foster a sense of community and shared experience around the importance of laughter in wellness.
- Empower Individuals: Participants will be empowered with the knowledge and tools to proactively manage their health and well-being through laughter, promoting a sense of self-empowerment and agency.
 - Highlight Expertise: By featuring Ms. Charu Chhabra, an Assistant Professor renowned for her expertise in physiotherapy and laugh therapy, the session aims to highlight credible sources of information in the field.

- Encourage Further Exploration: Attendees will be encouraged to further explore the benefits of laugh therapy beyond the session, potentially leading to continued personal growth and exploration of holistic health practices.
- Support Mental Health: In light of the increasing importance of mental health awareness, the session seeks to support participants in understanding how laughter can positively impact mental well-being.
- Create Lasting Impact: Ultimately, the session aims to create a lasting impact by instilling a deeper understanding and appreciation for the role of laughter in promoting health, happiness, and resilience in the face of life's challenges.

Ms. Charu Chhabra, with her expertise and passion for the subject, delved into the science behind laugh therapy and its profound impact on physical and mental health. She highlighted various studies showcasing how laughter can reduce stress, improve mood, and enhance overall well-being. Through interactive exercises and anecdotes, Ms. Chhabra captivated the audience, encouraging everyone to embrace the joy of laughter in their daily lives.

The session, conducted in a hybrid mode, seamlessly blended in-person participation with virtual attendees, ensuring inclusivity across the university community. Attendees actively engaged in laughter yoga exercises, which elicited genuine laughter and smiles throughout the room.

Participants left the session with not only a lighter heart but also valuable insights on incorporating laughter as a tool for self-care. Feedback from the attendees was overwhelmingly positive, with many expressing gratitude for the opportunity to learn from Ms. Charu Chhabra's expertise.

Chetna Society extends heartfelt thanks to Ms. Charu Chhabra for her illuminating session and to Dr. Manju Rani for her invaluable coordination. The event successfully achieved its goal of spreading awareness about the transformative power of laughter on health and happiness.

In conclusion, the "Laugh Therapy Session: A Joyful Path to Better Health" was an enriching experience for all attendees, leaving a lasting impact on our understanding of holistic well-being. We look forward to organizing more such insightful sessions in the future.



Students during laughing therapy



Students during the session