

## Report on Laughter yoga

Dated: 10<sup>th</sup> September, 2018

Laughter yoga is based on the belief that voluntary laughter provides the same physiological and psychological benefits as spontaneous laughter. A session on Laughter Yoga was organized for the students of BBA Shift-I and B.Com (H) on 10<sup>th</sup> September in Room No. 208 at 12:30 pm. Ms. Krishna Kapoor, a certified laughter yoga trainer interacted with the students that how Laughter Yoga has emerged as a new form of **exercise** akin to internal jogging that promotes the use of laughter as a form of physical exercise. She emphasized that laughing is an easy way to strengthen all immune functions, bring more oxygen to the body and brain, foster positive feelings and improve interpersonal skills. The ability to fully live and experience the “now” is of utmost importance because it is the only moment where we can experience happiness. The students participated in the practical laughter session with full spirit and enthusiasms. The students highly appreciated the session as it also helped them in releasing stress.

The event was organized by Dr. Monika Tushir and Dr. Vijeta Banwari