

# D.A.V. PUBLIC SCHOOL, THANE

SESSION: 2022 – 2023

## REPORT



**TITLE/ TOPIC: On the occasion of World Laughter day  
Laughter Therapy Yoga**

**DATE: 30.04.2022**

**RESOURCE PERSON'S NAME: Mr. Ajay**

**ORGANIZED BY: DAV Public School Thane**

World Laughter Day is celebrated to raise awareness about laughter's healing benefits. Celebrated since 1998, World Laughter Day is an annual event celebrated to raise awareness about laughter and its many healing benefits. On this occasion our school organized a Laughter Therapy Yoga for teachers.

### **Health benefits of laughter -**

Is there any better feeling than a deep-rooted belly laugh? Not only does it help us to connect with those we're laughing with, but there are a number of health benefits that are associated with laughing as well. This includes the following-

\*Produces a general sense of well-being.

\*The release of endorphins is triggered – Endorphins are the natural painkillers within your body.

\*Improve cardiac health – Laughter is an exceptional cardio workout, particularly for anyone who is not able to do other types of physical activity because of illness or injury .

\* Work your abs – One of the advantages associated with laughter is that it will tone your abs.Reduce stress hormone levels and lowers blood pressure.

The day was celebrated with great enthusiasm by all the teachers. They practised Laughter with Chantung and clapping which helps to activate acupressure points of palm, which in turn releases hormones like Endorphins and Dopamine which gives sense of wellbeing. The session was concluded with Vedic Dhyana.Overall, the program was well organized under the guidance of school principal Mrs Simmi Juneja.



**Prepared By: Ajay kumbhar**