

NAME OF THE CLUB: _____

Laughter Club

LOGO OF THE CLUB (IF ANY):



ABOUT THE CLUB:

A laughter club is a group of people who come together to engage in laughter exercises and activities with the aim of promoting physical, mental, and emotional well-being. The concept of laughter clubs was popularized by Dr. Madan Kataria, a medical doctor from India, who is considered the founder of the Laughter Yoga movement.

OBJECTIVE OF THE CLUB:

- Stress reduction: Laughter is known to reduce the levels of stress hormones in the body and trigger the release of endorphins, which are the "feel-good" chemicals.
- Improved mood: Laughing can elevate one's mood and create a sense of happiness and well-being.
- Boosted immune system: Regular laughter is believed to enhance the immune system, making the body more resilient to illnesses.
- Social bonding: Laughter clubs provide a social setting where people can connect and bond with others through humor and laughter.

- Cardiovascular health: Laughter can improve blood circulation and promote cardiovascular health.
- Pain relief: Laughter is thought to trigger the release of natural painkillers, providing some relief from physical discomfort.

ACTIVITIES OF THE CLUB (DONE):

- Comedy Open Mic Nights: Hosting open mic nights where students can perform stand-up comedy routines or share humorous anecdotes.
- Laughter Contests: Members can participate in friendly laughter contests where they try to make each other laugh through various means, such as jokes, funny gestures, or amusing stories.
- Laughter Flash Mobs: Organizing spontaneous laughter sessions in busy areas of the college campus can bring joy to passersby and create a positive atmosphere.
- Laughter Games: Incorporating laughter into regular games or sports can add an element of fun. For example, playing a game of "laughing tag" where participants must laugh while trying to tag others.

ACTIVITIES OF THE CLUB:

- Virtual Laughter Sessions: With the increasing use of technology and online platforms, laughter clubs might incorporate virtual laughter sessions to reach a broader audience and accommodate students who may not be physically present on campus.
- Laughter and Wellness Retreats: Organizing laughter and wellness retreats during breaks or holidays where students can immerse themselves in laughter exercises, mindfulness practices, and activities to rejuvenate and de-stress.
- Collaborations with Mental Health Organizations: Laughter clubs could collaborate with mental health organizations or counseling services on campus to promote mental well-being and stress reduction through laughter activities.
- Laughter Workshops for Faculty and Staff: Extending laughter workshops and activities to faculty and staff members to create a more positive and inclusive campus culture.
- Laughter for Social Causes: Using laughter events and campaigns to raise awareness and funds for various social causes and charitable organizations.

- Laughter Competitions and Festivals: Hosting inter-college laughter competitions or laughter festivals that bring laughter clubs from different campuses together for a day of fun and laughter.
- Laughter and Creativity Workshops: Exploring the connection between laughter and creativity, incorporating activities like laughter-driven brainstorming sessions and creative expression through humor.
- Laughter for Exam Stress Relief: During exam seasons, offering special laughter sessions tailored to help students manage stress and anxiety.
- Laughter and Physical Fitness: Combining laughter exercises with other physical activities like dance or aerobics to promote overall health and fitness.
- Laughter Podcasts and Webinars: Creating laughter-themed podcasts or webinars that students can access at their convenience to continue their laughter practice beyond club meetings.
- Laughter Challenges: Encouraging members to participate in laughter challenges and share their experiences on social media to spread laughter and positivity.
- Laughter and Mindful Eating: Organizing events that explore the connection between laughter and mindful eating habits, promoting a healthier lifestyle.

TIMING OF THE CLUB:

- Activity time between 3 to 5.

FACULTY IN CHARGE AND COORDINATORS (MAIL ID AND MOBILE NO):

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PHOTOGRAPHS OF DIFFERENT ACTIVITIES:





