

“Boost Your Immunity with Laughter Yoga” On 13th June 2021

A session on “Boost your Immunity with Laughter Yoga” was organised by IIS (deemed to be) University in collaboration with Indu Wellness Code Initiative and IIHMR University. The chief guest of the session was Giggling Guru, Dr. Madan Kataria. Dr Madan Kataria is the founder of Laughter Yoga. Laughing yoga is a popular movement and breathing exercise that aims to cultivate joy, bring out your inner child, and help you let go of daily life stressors. The session started with a very interesting laughter yoga session after which queries from the guests were answered by Dr. Kataria. Dr. Anju Singh, Program officer-NSS IISU asked questions on behalf of the University. On asking Does it matter that the laughter was forced and faked initially? Dr Kataria added that “Even fake laughter gives you the same benefits as real laughter. The body cannot distinguish between the two.” He pointed out, that, as you keep laughing, we slowly calm down and lose your inhibitions and stress levels reduce. Throughout his session, Dr Kataria spoke about how distressing with Laughter Yoga could help improve productivity, build team spirit and emotional balance. Dr Kataria added that laughing yoga helps to lift your mood, strengthens your immune system, reduces stress, increases energy levels and improves your quality of life. Laughter yoga also allows the greater intake of oxygen, which activates the parasympathetic nervous system. The 2- hour session ended with formal vote of thanks to the chief guest and an experience full of laughter and release of stress. 143 NSS Volunteers participated in the session.



