



Late Shri. Vishnu Waman Thakur Charitable Trust's
VIVA INSTITUTE OF PHARMACY
At. Shirgaon, Veer Sawarkar Road, Virar (E),
Taluka: Vasai, Dist. Palghar-401305, Maharashtra.
National Service Scheme (SH-11)



Name of the Event: **LAUGHTER YOGA**

Date: 8th Februray 2022

Time: 5:00pm – 6:00pm

Programme summary/Details:

NSS Volunteers from VIVA Institute of Pharmacy, participated in an International Webinar on Laughter Yoga, organized by the NSS Unit of the University of Mumbai and S.S.T. College of Arts and Commerce in collaboration with Laughter Yoga International to commemorate "Azadi ka Amrit Mahotsav." The online event took place via a Zoom meeting on February 8, 2022, from 5:00 pm to 6:00 pm and was led by Dr. Madan Kataria, the renowned founder of Laughter Yoga Clubs in over 110 countries. The session focused on the numerous benefits of laughter yoga in daily life, including its positive impact on the immune system. This training program was enlightening and emphasized the potential of laughter to create a better world, making it an invaluable experience for all participants.

The poster features logos at the top for VIVA Institute of Pharmacy, S.S.T. College of Arts & Commerce, and Laughter Yoga International. It includes the text: "ON THE OCCASION OF AZADI KA AMRIT MAHOTSAV", "N.S.S. CELL, UNIVERSITY OF MUMBAI AND S. S. T. COLLEGE OF ARTS & COMMERCE ULHASNAGAR - 4 in association with LAUGHTER YOGA INTERNATIONAL organises INTERNATIONAL WEBINAR ON LAUGHTER YOGA", "RESOURCE PERSON WORLD RENOWNED LAUGHTER GURU DR. MADAN KATARIA", and "Date : 8th February, 2022 Time : 5.00 pm to 6.00 pm". A photo of Dr. Madan Kataria is shown in the bottom right corner.

