

Date-26/02/2022

**Report on: Laughter Yoga**

EVENT NAME: Laughter Yoga

VENUE: Vishveshwarya Hall, B-Wing, Avirat Campus, Parandwadi, Pune

DATES: 25<sup>th</sup> Feb 2022

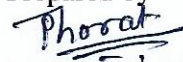
SPEAKER: Mr. Pravin Charde

Indira College of Engineering and Management for Batch 2021-2023 arranged a session on "Laughter Yoga" by Mr. Pravin Charde. The session was arranged in Vishveshwarya Hall, B-Wing, Avirat Campus, Parandwadi, Pune on 25<sup>th</sup> of February 2022 at 12:15 pm to 1:00pm. The speaker informed the audience that Laughter yoga is based on the science of laughing for no reason. He taught how we can initiate laughter as a physical exercise which, later transforms into real contagious laughter. Laughter yoga sessions include techniques like stretching, chanting, clapping, and childlike playfulness with body movement.

Around 31 Students from the Batch of 2020-2022 joined the session virtually. All the teaching and non-teaching staff members also joined the session. Prof. Pravin Thorat coordinated the session.

All in all, it was a wonderful ice breaker for the new batch and also gave a message to the students to be positive towards life and laugh their way out in any situation

Prepared by



Prof. Pravin Thorat

Assistant Professor, ICEM



Dr. Archana Salve

HOD-MBA, ICEM



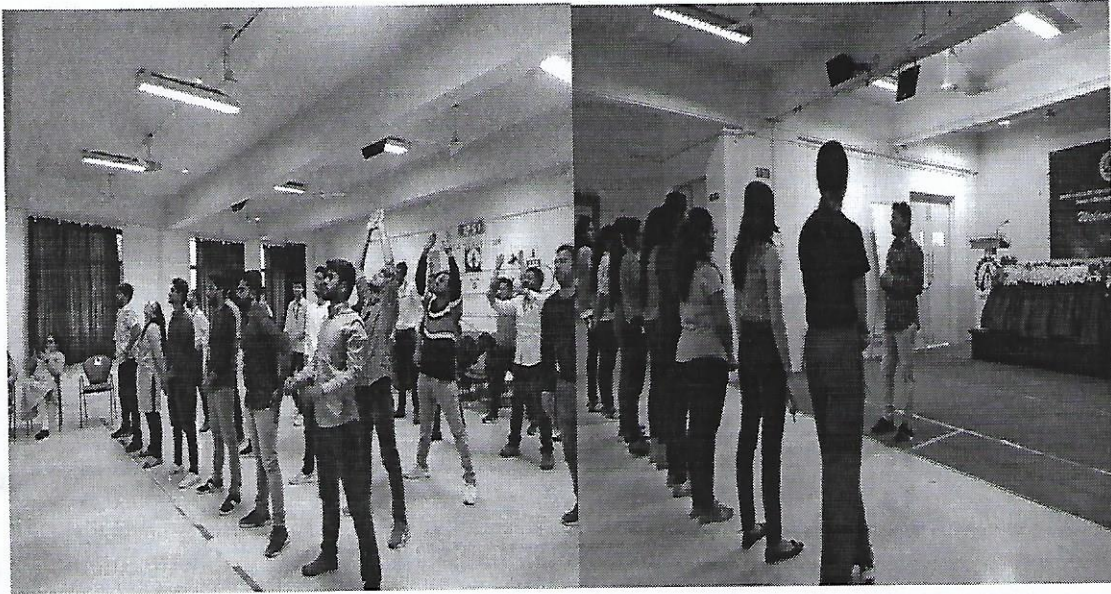
**Photos of Event:**

Photos of Session:

**Name of the Event:** CDP – Aptitude Session

**Date:** 25<sup>th</sup> Feb 2022

**Time:** 12:15 pm to 1:00pm



Submitted By,

*Phorat*

Mr. Pravin Thorat

Assistant Professor, ICEM



Submitted To

*Dr. Archana Salve*

HOD-MBA, ICEM