



REPORT ON - 'INTERNATIONAL LAUGHTER DAY CELEBRATION' PROGRAM

**Committee: National International Days Celebration Committee
and Rotract Club**

Title of the programme: 'International Laughter Day Celebration'

Speaker/Guest: DR. PRAVIN JOSHI

Chairman: DR. PRAVIN JOSHI (Director of Prerna College of Commerce)

Date: 3rd May 2021

Time: 10.30 am to 12.00 noon

Objectives:

1. To make realize to the students the value of laughter in their everyday life.
2. To make everyone happy and enthusiastic with laughter in pandemic situation.
3. To make students aware about the benefits of laughter for stress free life.
4. To explain students the importance of laughter to remain mentally fit and stable.
5. To provide various ways to students to be happy and how to make others happy.

Highlights:

1. Ms. Neha Samundre started the session by playing different laughter video clips that made everyone happy and laugh.
2. Ms. Neha Samundre welcomed and introduced the guest **Dr. Pravin Joshi**, Speaker of the program
3. Dr. Pravin Joshi very effectively explained the importance of laughter in everyone's life.
4. Further in his talk, Dr. Pravin Joshi very beautifully explained to the students various ways to become happy.



5. Dr. Pravin Joshi motivate students to acquire this laughter therapy in their lives as it can acts as a beneficial tool to solve any problem in a positive and effective way.
6. Dr. Pravin Joshi also explained to the students how they can convert their negative mind to positive mind with laughter.
7. He in his talk very impressively explained to the students about how they can deal with any problem in a positive way through laughter.
8. He also explained to the students the importance of laughter by providing different real life examples.

Outcomes:

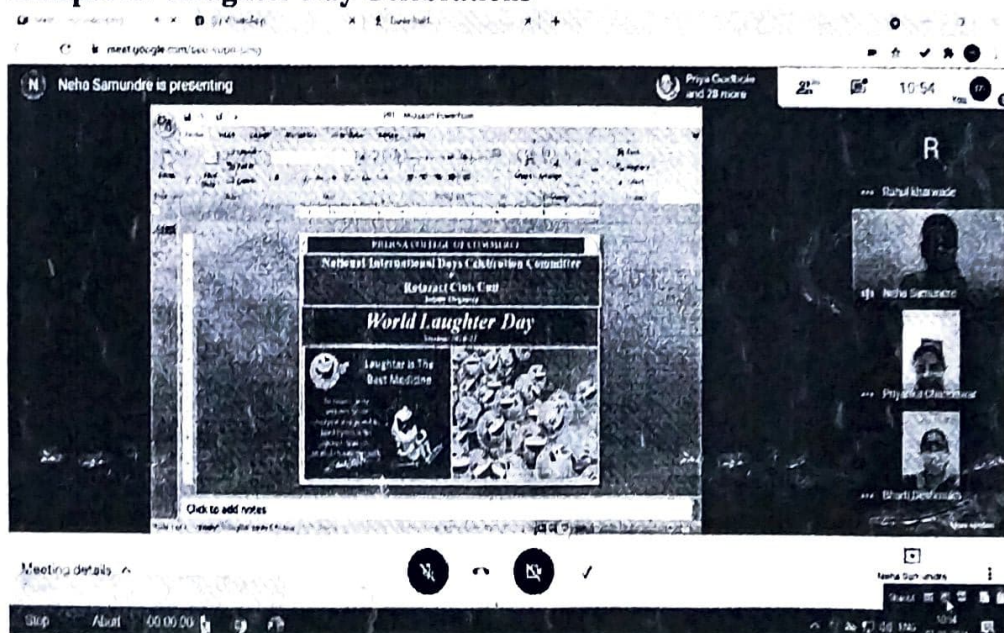
1. The students have learnt the importance of laughter in their lives.
2. They learnt different ways to stay happy and how to increase their positive attitude using laughter.
3. Students have learnt how to deal with any problems in positive way.
4. The students have also learnt about how to improve their personality by acquiring various laughter tricks.
5. They also understood how they can increase their capability with different habits of laughter.

No. of Beneficiaries: 39

Anchoring : MS. Neha Samundre

Vote of Thanks : Ms. Pooja Gadwe

Glimpse of 'Laughter Day Celebrations'

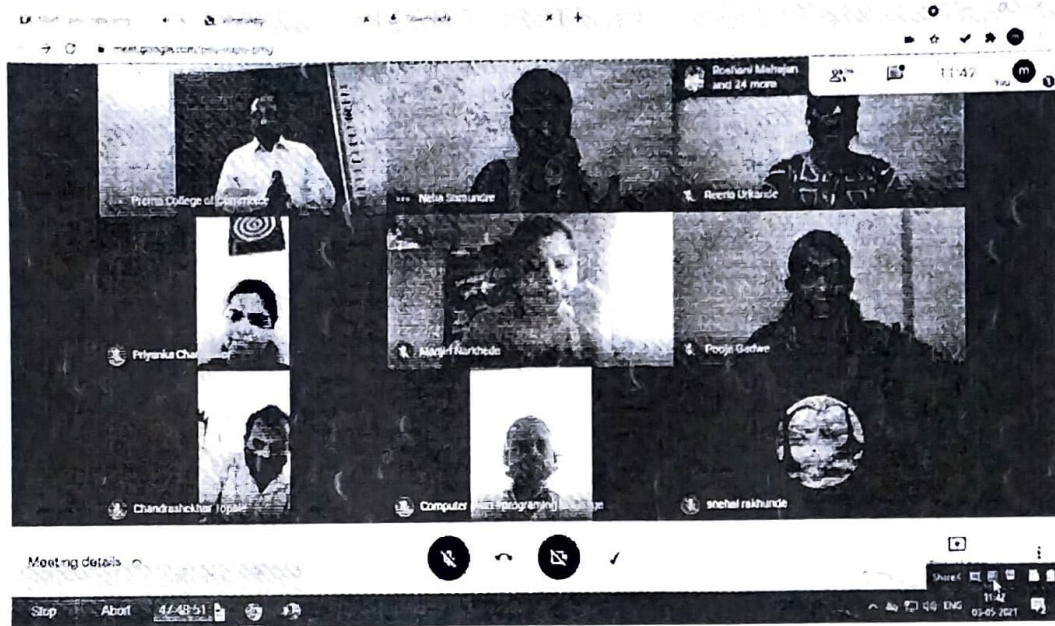




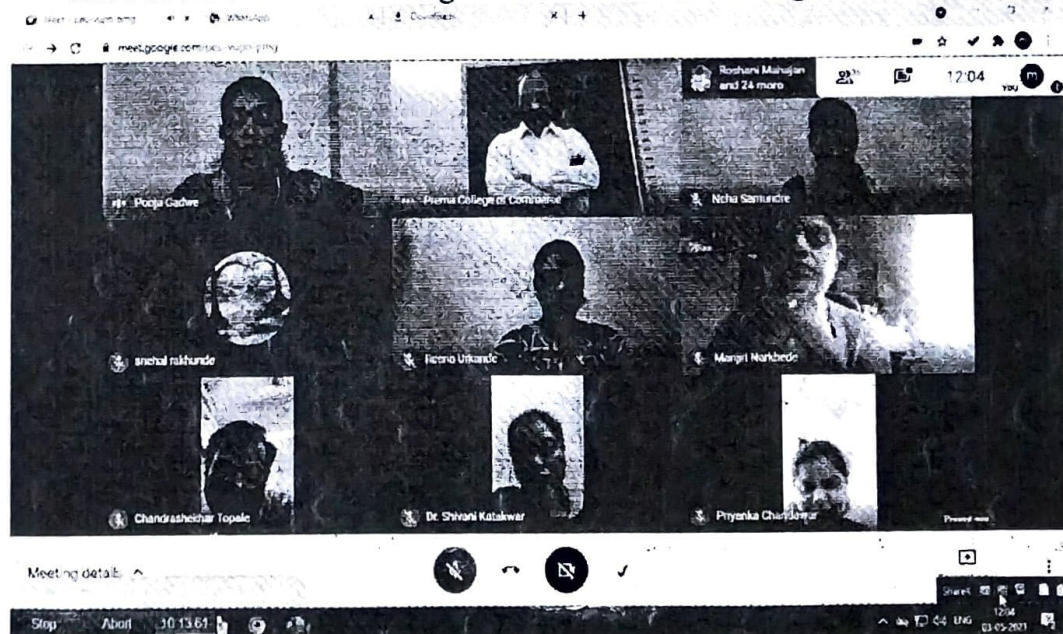
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Ms. Neha Samundre started the session by playing various Laughter clips



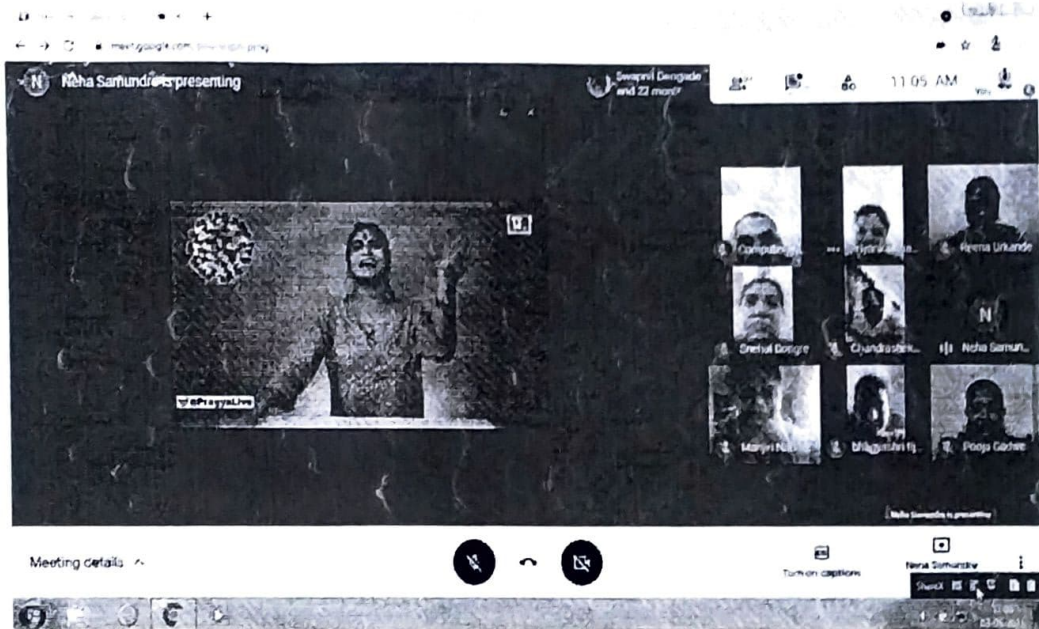
Dr. Pravin Joshi addressing the session with his Laughter thoughts



Ms. Pooja Gadwe presenting vote of thanks and end the session



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Participants enjoying with the laughter video clips

Namunde
Neha D Samundre
Programme Co-ordinator
Prerna College of Commerce