

Organisation of “World LaughterDay” by NSS SKUAST-Jammu

To commemorate ‘World Laughter Day’ NSS students of SKUAST-Jammu organized the event by holding a laughing session to relieve the stress and to strengthen the mental health. Dr. Sudhakar Dwivedi Deans Students Welfare while speaking on the occasion emphasises the NSS students to remain happy and do all works with a smiling face. People will smile if you smile and if you remain depressed nobody will accompany you. He said laughter reduces stress hormones and boosts immunity Dr. Subhash C. Kashyap NSS coordinator while addressing students said that Laughter is more than just an expression of one’s joy. And it’s a natural stress reliever and a social connector. Later on a laughter session also held by Dr. Subhash C Kashyap. The world laughter day is celebrated all over the world on first Sunday in the month of May every year. It was started by Dr Madan Kataria, a family doctor based in India. The first Laughter Day was celebrated on May 10, 1998. It is said that laughter brings people together across cultures and communities. It also helps fight depression, anxiety, and loneliness, encourages a more optimistic approach to life and promotes peace and understanding through shared laughter. NSS students took part in session with great joy and pledged to make others smile every day. The programme ended with vote of thanks by Dr. Rakesh Kumar NSS programme officer of Faculty of agriculture. The programme was a part of regular activities of NSS volunteers and conducted under the able guidance of the hon’ble Vice Chancellor SKUAST-Jammu Prof B.N. Tripathi and Dean Student Welfare, Prof. Sudhakar Dwivedi with coordination of Dr. Subhash C. Kashyap university NSS coordinator.

