



Late Shri. Vishnu Waman Thakur Charitable Trust's

VIVA Institute of Technology

Approved by AICTE, New Delhi, DTE, Government of Maharashtra, Affiliated to University of Mumbai
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National Service Scheme (SH-17)

Event Name: International Webinar on Laughter Yoga
Date: 8th February 2022
Time: 5:00pm to 6:00pm

Programme Summary/Details:

NSS Volunteers of Viva Institute of Technology attended an International Webinar on Laughter Yoga for University Level Event organized by NSS Unit of the University of Mumbai and S.S.T. College of Arts and Commerce in association with Laughter Yoga International on the occasion of “Azadi ka Amrit Mahotsav”. The webinar was completed via online platform by attending zoom meeting conducted on 8th February 2022 from 5:00 pm to 6:00 pm. The webinar was taken by Dr. Madan Kataria, World Renowned Founder and Originator of Laughter Yoga Clubs in more than 110 countries. The topic was about Laughter Yoga and about its benefits in day to day life. Dr. Madan Kataria told how laughter improves our immune system and also how we can harness the powerful benefits of laughter yoga. This kinds of training programs are indeed successful and helpful for all the people to make this place a better world. It was indeed very informative session.

Thank you.

The poster is for an event titled "ON THE OCCASION OF AZADI KA AMRIT MAHOTSAV". It is organized by the "N.S.S. CELL, UNIVERSITY OF MUMBAI AND S. S. T. COLLEGE OF ARTS & COMMERCE, ULHASNAGAR - 4" in association with "LAUGHTER YOGA INTERNATIONAL". The event is an "INTERNATIONAL WEBINAR ON LAUGHTER YOGA" featuring "DR. MADAN KATARIA" as the "RESOURCE PERSON", described as a "WORLD RENOWNED LAUGHTER GURU". The date is "8th February, 2022" and the time is "5.00 pm to 6.00 pm". The poster includes logos for the University of Mumbai, S.S.T. College, and Laughter Yoga International, along with a photo of Dr. Madan Kataria in a green shirt with his hands in a prayer position.

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AZADI KA AMRIT MAHOTSAV

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RESOURCE PERSON
WORLD RENOWNED
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