



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  
At- Shirgaon, Post-Virar (E.), Tal-Vasai, Dist-Palghar – 401 305.

Tel.: 777 000 2544 • Website : [www.viva-technology.org](http://www.viva-technology.org)

E-mail: [contact@viva-technology.org](mailto:contact@viva-technology.org) / [principalvit@vivacollege.org](mailto:principalvit@vivacollege.org)

## National Service Scheme (SH-17)

**Event Name:**

**International Webinar on Laughter Yoga**

**Date:**

**08 February 2022**

**Time:**

**5:00 pm to 6:00 pm**

### 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.

### Photos:

The poster features logos at the top for the University of Mumbai, S.S.T. College of Arts and Commerce, NSS Unit, and Laughter Yoga International. It includes the 75th Azadi Ka Amrit Mahotsav logo. The text reads: "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". It identifies Dr. Madan Kataria as the Resource Person, a World Renowned Laughter Guru. The date is 8th February, 2022, and the time is 5.00 pm to 6.00 pm. A photo of Dr. Madan Kataria in a green shirt with hands in a prayer position is in the bottom right corner.

**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**

**Date : 8th February, 2022  
Time : 5.00 pm to 6.00 pm**