

Centre For Liberal Arts (CFLA) KPR Institute of Engineering and Technology



Event No. : 7
Date : 06.05.2022
Platform : Zoom meeting
Type of Event : Workshop
Title of the Event : Workshop on “**Laughter Yoga**”
In Association with : Centre for Human Excellence
Resource Person : **Mr Babu Rangarajan,**
Head & Associate Head,
Centre for Human Excellence, KPRIET
Convener : **Dr Vanitha S,** Head / CFLA
Coordinator : **Ms. Kalpana T,** Students Counsellor, CFLA
No. of Participants : 200+ II-year students (Academic year 2021-2022) & Laughter
Yoga Club

Outcome:

Report on Workshop - “Laughter Yoga”

The program has been organized by the Centre for Liberal Arts in association with Centre for Human Excellence, KPRIET. It is planned as a part of term course “**Emotional Intelligence and Stress Management**”

The speaker of the session is Dr. Babu Rangarajan, Head, Centre for Human Excellence, KPRIET. This session initially starts with introducing the concept of Laughter Yoga. This session provides insights about the role of Laughter yoga and its effectiveness in leading a happy life. Additionally, this session is a practical session in which the students actively participated in learning and practicing the Laughter Yoga.

The event is started with the welcome address given by Dr. Vanitha S, Head/ CFLA. The students from II-year Emotional Intelligence and Stress Management short term students and Laughter Yoga club members are participated in the event. The program was attended by 200+ students. The session outcome and feedback received from the participants denotes that the session is highly helpful and made them realize

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the importance of laughing and its emotional connections. The resource person clarified their doubts as well. The session ends with vote of thanks delivered by Ms. Kalpana, Students Counsellor.



Learn Beyond

**KPR Institute of
Engineering and
Technology**

(Autonomous, NAAC "A")

Coimbatore, Tamil Nadu, India

**SUSTAINABLE
DEVELOPMENT
GOALS**



Centre for Liberal Arts
in association with
Centre for Human Excellence & Laughter Yoga Club
organize a webinar on

"LAUGHTER YOGA"



Speaker

Mr. Babu Rangarajan,
Head, Centre for Human Excellence,
KPRIET

Date : 06.05.2022

Time : 08.30 PM TO 09.30 PM

Platform : Zoom Meeting

Join Zoom Meeting

<https://us06web.zoom.us/j/87236505911?>

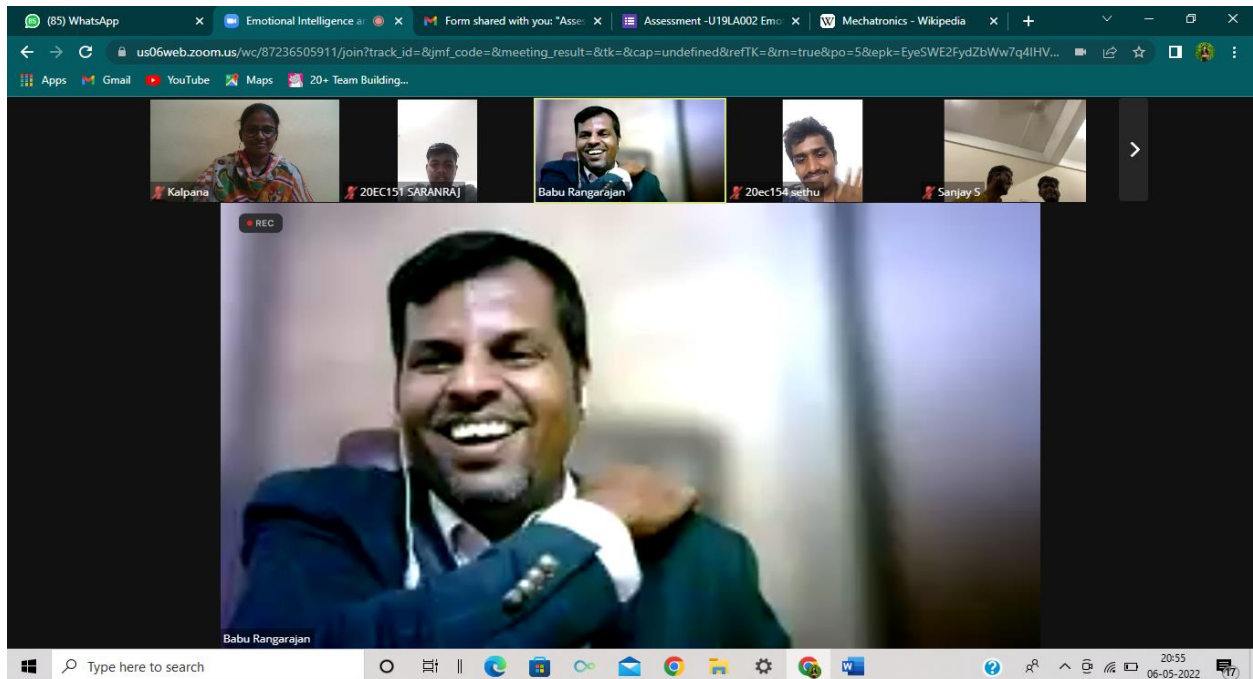
[pwd=OWZhrOxoWmc1WHRzZzdMMEt3cFpXQT09](https://us06web.zoom.us/j/87236505911?pwd=OWZhrOxoWmc1WHRzZzdMMEt3cFpXQT09)

Meeting ID: 872 3650 5911

Passcode: 286244

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FEEDBACK:

This session provides the impact of mental health in one's life.

This session is really fun and interesting.

It provides insights about the importance of laughing in everyday life and the changes that we experience as a result of laughing.

ATTENDANCE: 200+ II-year students + Laughter Yoga Club Students (Academic year 2021-2022)