



ST FRANCIS DE SALES COLLEGE

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A FRANSALIAN INSTITUTE OF HIGHER LEARNING

PsyLight Club, Dept. of Psychology, Postgraduate Centre

Organized

Laughter Therapy: "Training Session"

Report on "Laughter Therapy: Training Session"

Title	Laughter Therapy: Training Session
Date of Event(s)	21.01.2021
Department / Association	PsyLight Club Dept. of Psychology Postgraduate Centre
Venue	Open Platform
Number of Participants	13

Resource Person(s) with qualification	Faculty from dept. of Psychology, Postgraduate Centre handled the session
Books (if published)	NA

Place of visit/ details of Industrial visit place (if applicable):	NA
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Report:

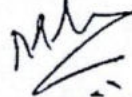
PsyLight Club under Dept. of Psychology, Postgraduate Centre organized "Laughter Therapy: Training Session" on 21st January 2021. Every year 10th of January is celebrated as World Laughter Day from 10.30 a.m to 11.30 a.m. Laughter and therapeutic laughter plays a major role in the field of Psychology. Dept. of Psychology, Postgraduate Centre planned to organize training program for MSc. Psychology students on laughter therapy. PsyLight Club of Dept. of Psychology, Postgraduate Centre focuses on building strengths of students and prepares them for the competitive world.

Session 1: Prof. Dakshina started briefing about laughing and laughter. The physiological and psychological aspects of laughter were explained with examples. Difference between smile, laugh and laughter was explained. Facial feedback theory was briefly explained and connected to the laughter therapy. Prof. Mamatha later carried on with the session. She explained about laughter therapy. Importance of therapeutic laughter was explained. Happiness is a reflection. Its an imitation too. She highlighted on the goals, importance, advantages and benefits of laughter therapy. Several examples, case studies were given to students to give big picture about the laughter therapy. She explained about the procedure and practice of laughter therapy in clinical sessions. Role of Humour was explained. Use of humour for effective laughter therapy was explained. The session had several pictorial representations of the topic covered.

Session 2: The session focused on giving hands on experience to students. Activities were planned for students. Strategies and method of using laughter therapy was taught through activities. Examples of customizing and improvising client specific activities were told to students. Activities created a light atmosphere with all smiles, giggles and laughter in the session. Faculty and students enjoyed the session. Students had several doubts. All doubts were clarified. Two videos on different type's laughter was shown. Laughter had taken over the entire session. The session concluded after showing the videos. Prof. Mamatha summarized the whole training program. With all laugh out loud, the session had a happy ending.

Positive Outcome:

The objective of the program was to train students on laughter therapy. The session trained students on using laughter therapy in clinical settings. Importance of Laughter Therapy in reducing stress was briefed. The session prepared students with the benefits of laughter therapy with respect to physical, psychological and social aspects. Students were trained to effectively use laughter therapy in treating clients either in group or at individual level. The session gave a practical exposure to alternative healing technique and implementation of laughter therapy.

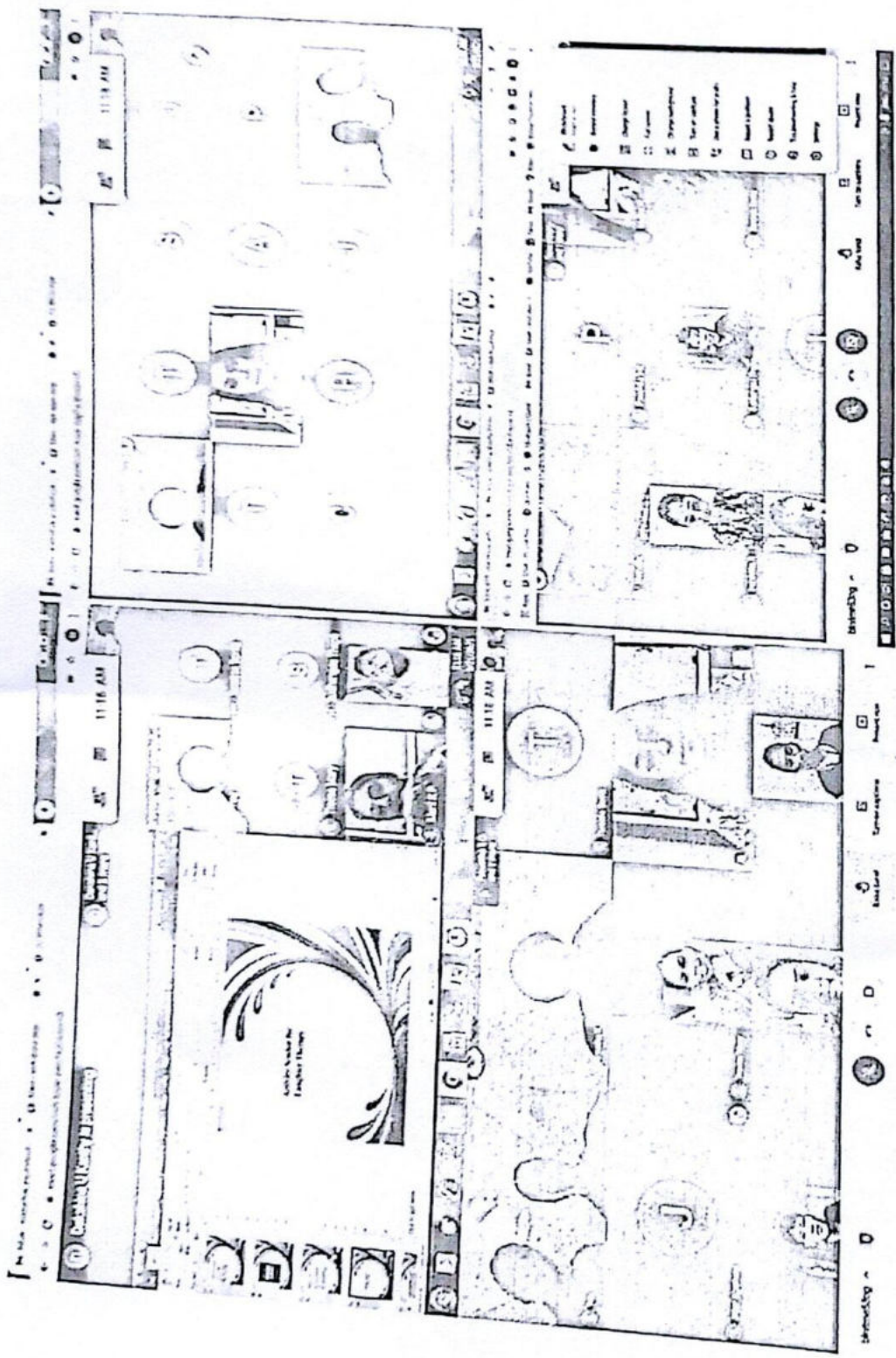


HEAD

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Capturing Glimpses of "Laughter Therapy: Training Session" on 21st Jan 2021