



Report on Giggle Fest

Title of Event	Giggle Fest
Activity	Host a stand-up comedy event or laughter yoga session.
Values	UNSDG 3: Good Health & Well-Being
Learning Outcomes	<ul style="list-style-type: none"> To create a space for joy, connection, and stress relief through humor. To raise awareness about the importance of mental well-being. To foster social bonds and inclusivity in the community. To promote UNSDG 3: Good Health & Well-Being.
Objectives	<ul style="list-style-type: none"> Understand the positive impact of laughter on mental and physical health. Develop skills to manage stress and enhance emotional well-being. Strengthen social connections through shared joyful experiences. Recognize the role of community events in promoting holistic wellness.
Organized by	Happiness Club
Program Theme	Harnessing the Power of Laughter for Mental Well-Being and Social Connection.
External Expert / Internal Expert	Internal Expert
Date	15.02.2025
Time	11:00 AM Onwards
Venue	MPH Hall

Poster/Flyer/Notice*



Social media link (promoting in any one Facebook/Instagram/Twitter is mandatory)

NA

No. of Students* (only no. to be written, list in excel or word should be maintain at department level as proof for any further requirement)

15

No. of Faculty* (only no. to be written , list in excel or word should be maintain at department level as proof for any further requirement)

NA

No. of External Participants (students + faculty) [write NA if not applicable]



Report: Description in (min 250 to max 800 words)*

On 15th February 2025, the "Giggle Fest" event was held with great enthusiasm and participation. The event was designed to promote mental wellness through laughter, recognizing humour as a natural way to reduce stress and enhance emotional resilience.

The event began with an engaging stand-up comedy session featuring local comedians who entertained the audience with witty observations, relatable anecdotes, and humorous reflections on everyday life. The performances explored themes such as family dynamics, work-life balance, and the quirks of modern living. Laughter echoed throughout the venue as participants connected over shared experiences, reinforcing the power of humor to break barriers and build bonds.

Following the comedy show, the laughter yoga workshop was led by an experienced laughter

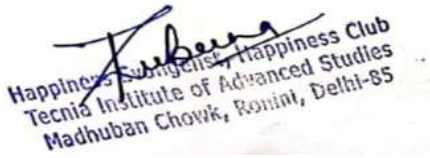
yoga practitioner. The session included a combination of breathing exercises, playful movements, clapping, and intentional laughter techniques. The group practiced exercises like the "Lion Laugh," "Silent Laugh," and "Hearty Laugh," designed to reduce stress hormones and stimulate feel-good endorphins. Participants initially felt self-conscious, but as the session progressed, they relaxed and engaged wholeheartedly, embracing the childlike playfulness of laughter yoga.

The workshop concluded with a guided relaxation and breathing exercise, leaving participants feeling calm, refreshed, and revitalized. Many reported a sense of emotional release, reduced tension, and increased positivity. The session demonstrated that laughter can be both spontaneous and intentional, creating a sense of joy and connection even in structured settings.

Feedback from attendees was overwhelmingly positive. Many expressed gratitude for the opportunity to unwind, connect, and experience the therapeutic effects of laughter. Participants noted the transformative impact of laughter yoga on their mood and stress levels. One participant shared, "I didn't know laughing intentionally could feel so real and uplifting! It's amazing how something so simple can have such a profound effect."

The event underscored the importance of incorporating humor and relaxation techniques into everyday life. It also highlighted the role of community events in promoting mental wellness and reducing stigma around mental health discussions. By providing a supportive space for joy and connection, Giggle Fest successfully aligned with the UNSDG 3 objective of ensuring healthy lives and promoting well-being for all.

Giggle Fest was a resounding success, achieving its objectives of promoting mental well-being, strengthening social bonds, and highlighting the healing power of laughter. The event created lasting memories and encouraged participants to integrate humor and relaxation practices into their daily routines. By fostering a culture of happiness, inclusivity, and resilience, Giggle Fest made a meaningful contribution to the community's

	mental and emotional health.
Resource Person	Dr. Rubeena Bano – Club In-charge
Attendance Sheet*	<i>Attached at the end of Report</i>
Feedback	This event was well received by society.
Report Submitted by Convener	Dr. Rubeena Bano
For Office Use	
Signature of Event Coordinator	
List of Participants	

S. No.	Enrolment No	Name	Department
1	6717001724	SAKSHI	BBA
2	6817001724	DHAIRYA GUPTA	BBA
3	6917001724	YUKTI SANKHLA	BBA
4	7017001724	YUVRAJ BHARDWAJ	BBA
5	7117001724	VIPUL KUMAR	BBA
6	7217001724	TANVI GANDHI	BBA
7	7317001724	YASH TALREJA	BBA
8	7417001724	ARSH DUA	BBA
9	7517001724	PARI GOYAL	BBA
10	7617001724	KUNAL CHAUHAN	BBA
11	35117001724	GUNJAN GAUR	BBA
12	35217001724	VANSHIKA CHAUHAN	BBA
13	35317001724	RADHIKA	BBA
14	35417001724	DHRUV GOEL	BBA
15	35517001724	PRATHAM GUPTA	BBA
16	35617001724	HIMANSHI	BBA
17	35717001724	BHAVYA JAIN	BBA
18	35817001724	HARSH PANT	BBA
19	35917001724	JIYA THUKRAL	BBA

20	36017001724	ANUSHKA KAUSHIK	BBA
21	36117001724	ARYAN SONDHI	BBA
22	36217001724	DAKSH MISHRA	BBA
23	50117001724	CHARVI ANAND	BBA
24	50217001724	AYUSH JAIN	BBA
25	50317001724	YUG JAIN	BBA