



SCHOOL OF PHARMACY CIRCULAR

No: AJU/SP/168/22

Date 7.12.2022

Laughing is one of the best alternative system of Medicines. Laughter enhances the intake of oxygen-rich air, stimulates heart, lungs and muscles, and increases the endorphins that are released by brain and helps to relieve stress. BHESAJAM the Pharma Club of School of Pharmacy in association with Discipline and Anti-Ragging Cell of ARKA JAIN University is going to organise HANSO HARDAM A STRESS RELIEVING SESSION. All the students of ARKA JAIN UNIVERSITY is hereby notified that HANSO HARDAM will be organized on 13th December 2022 at Multipurpose Ground sharp at 9:30 AM. Interested students need to be registered themselves with the provided link <u>https://forms.gle/Y2iUiV8zKS528VtGA</u> before 12th December 2022 by 10:30 AM. Only registered candidates can participate.

Dean School of Phatmacy RX A JAIN Heimeraitry Jharkher Copy to Office of the Registrar IQAC Discipline and Anti-Ragging Cell Deans and PCs of AJU Class Coordinators In charge website Office Record Student Whatsapp group sdcell@arkajainuniversity.ac.in

Arvid Pandky

Dr. Arvind Pndey Member Secretary Discipline & anti ragging cell



Report on– HANSO HARDAM A STRESS RELIEVING SESSION Held on – 13/12/2022

Date of Event	13.12.2022
Name of the Event	HANSO HARDAM A STRESS RELIEVING SESSION
Type of the Event	Life Skill Development Program
Conducted by	BHESAJAM the Pharma Club of School of Pharmacy in association with Discipline and Anti-Ragging Cell of ARKA JAIN University
No. Of Participants	63

OBJECTIVE: When one laughs, body releases feel-good chemicals called endorphins. "Releasing endorphins can help increase the body's natural painkilling response," says *Heveran*. It helps in reducing stress, depression and anxiety and makes one feel happier.

DETAILS:Laughter is one of the ways your body can help regulate cortisol. Laughing increases oxygen intake, which stimulates body circulation and decreases cortisol levels. Some studies show that just the act of laughing, without having humour in it can have positive stress-relieving effects. Introduction Increase in number of laughing clubs itself denote the awareness of laughing medicine among the people. The people who have the regular practice of laughing and free minded, they are the actual healthy people .And the life span increases for the people who smile regularly. In the modern era, all the medical care professionals and patients accept the concept of laughing theory. If our daily life has the practice of laughing, this habit will improve our immune system, it will make our cheeks sore and it will improve our intellectual. Historically, the gains of laughter have been renowned. Laughter has been observed as advantageous for human fitness for a long time, with some of the benefits developmental patterns. Laughter has been regarded as beneficial for human health for a long time, with some of the benefits attributed to laughter including improved endocrinological and immunological responses and amplified pain tolerance. (Extracted from (IOSR-JBM)).BHESAJAM the Pharma Club of School of Pharmacy in association with Discipline and Anti-Ragging Cell of ARKA JAIN University organisedHANSO HARDAM A STRESS RELIEVING SESSION on 13th December 2022. Students from different departments participated this event. Faculty organizers explained the students regarding the role of stress free life on family and also advised them to make their family members also stress free by making them always laugh. Finally students engaged themselves with a great laughter session.



OUTCOMES: Leads toreduce stress, depression and anxiety and makes one feel happier. Keeping the students' academic overload in view it is an effort to make them stress free.

Poster of the Event





Photos of the Event





Hanso Hardam by School of Pharmacy





Smiley human chain by students spreading the message Hanso Hardam









Students' Attendance

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