

SWAMI RAMA HIMALAYAN UNIVERSITY

Swami Ram Nagar, Jolly Grant,
Uttarakhand 248016

LAUGHTER CLUB (Personal Development Club)

1. Introduction

The Laughter Club is a joyful space dedicated to promoting happiness, stress relief, and positive energy through shared laughter and light-hearted activities. It encourages students to unwind, connect, and boost their emotional well-being in a fun and supportive environment.

2. Objectives

The objectives of the Club are:

- Promote emotional well-being and stress relief through laughter-based activities.
- Create a positive and inclusive environment for student interaction.
- Enhance mental health and social bonding through humor and fun.
- Encourage regular breaks for relaxation and joyful engagement.

3. Club Committee

The Club shall be governed by a committee comprising the following members:

Composition	Roles
Dr. Sanjoy Das, Professor, HIMS	Chairperson
Ms. Harleen Kaur, Associate Professor, HCN	Treasurer
Dr. Dushyant Singh Gaur, Professor, HIMS	Member Secretary
Mr. Amar B. Sathe, Assistant Professor, HSMS	Member
Sunidhi Thapa, MBBS	Member (Student Coordinator)

Students Detail

S.No	Student Name	Registration No	Enrollment No	Programme Name
1	Sunidhi Thapa	DD21143001134		MBBS
2	Saksham Dangwal	DD2113302099	SRHU21000541	B.Sc. Nursing VIII Semester
3	Unnati Saxena	DD22113301139	SRHU22000941	B.Sc. Nursing VI Semester
4	Sakshi	DD23106301032	SRHU23000826	B. Sc Biotech 3 rd year
5	Sweetie Joshi	DD23106301041	SRHU23000835	B. Sc Biotech 3 rd year
6	Rishu Singh	DD23106301027	SRHU23000822	B. Sc Biotech 3 rd year
7	Vandana	DD23106301045	SRHU23000839	B. Sc Biotech 3 rd year

8	Diksha Dhiman	DD23106301014	SRHU23000809	B. Sc Biotech 3 rd year
9	Anant Joshi	DD241104303005	SRHU24000718	B.Tech 2nd Year
10	Abhinay Kumar Prajapati	DD231104310008	SRHU23000923	B.Sc. (Data Science) 3rd Year
11	Sneha Saxena	DD231104301120	SRHU23001095	BCA 3rd Year
12	Pankaj Joshi	DD241104301116	SRHU24000908	BCA 2nd Year
13	Sanskar Dimri	DD241104301167	SRHU24000961	BCA 2nd Year
14	Divyanshi Rawat	DD231109301005	SRHU23001295	B. Pharm 2 nd Year
15	Kritika Badauni	DD231109301006	SRHU23001296	B. Pharm 2 nd Year
16	Sukhman Kaur	DD231102305023	SRHU23000523	BPT

4. Terms and Conditions

Sr. No.	Clause	Details
1.	Quorum	50% of the total members
2.	Tenure of the Club	Perpetual
3.	Tenure of the Chairperson	3 years
4.	Tenure of the Members	2-3 years
5.	Frequency of Meetings	<i>Preferably once per quarter.</i>
6.	Meeting Notice and Agenda	The member secretary with prior approval of Chairperson shall circulate the Meeting Notice and Agenda to all the members at least seven (7) working days prior to date of the meeting.
7.	Minutes of the Meeting	The Secretary records the minutes, which are signed by the Chairperson and Secretary. A signed copy is forwarded to members within three (3) working days of the meeting.
8.	Duties and function	(a) Planning and helping manage events at the University level in accordance with the spirit and ethos of the institute. (b) Promoting and arranging club activities to bring out the talents of students in the performing the activities. (c) To plan and organize competitions at the University, Regional and State Level.
9.	Funding and Resources	a. Institutional budget allocation b. Donations and sponsorships
10.	Amendments	Any amendment to this club must be proposed in writing and approved by a two-thirds majority of the Club Committee.
11.	Dissolution	In the event of dissolution, the assets and liabilities of the Club shall be transferred to the Swami Rama Himalayan University.

5. Services Offered

- **Comedy Skits & Improv** – Perform light-hearted acts to entertain and engage.
- **Stand-up & Open Mic** – Share jokes, funny stories, or mimicry in a relaxed setting.
- **Funny Games & Icebreakers** – Bond through laughter-filled group games.
- **Humor Therapy Talks** – Discuss how humor supports mental health and well-being.



Chairperson



Treasurer



Member Secretary

SWAMI RAMA HIMALAYAN UNIVERSITY

REPORT ON LAUGHTER DAY - 2024

Date: 4th May, 2024

Venue: Classroom 5

Laughter Club of SRHU celebrated Laughter Day themed "Giggles Galore" on May 4, 2024. The events of the day featured a variety of activities including stand-up comedy, sharing of jokes, dialogue delivery with hook steps, short story narration along with a humorous quiz session.

The program commenced with a welcome speech by Ms. Riya Gupta, student of B.Sc. Nursing 5th semester. The celebration started with an engaging and entertaining question-and-answer session capturing the attention of the students and faculty members. Total of 144 students from the B.Sc. Nursing 4th semester actively participated as audience members.

Faculty members also shared their perspectives and emphasized the significance of Laughter Day in enhancing their lives. They highlighted how laughter can relieve stress, improve mood, and foster a sense of community among students and staff. The enthusiastic participation of both students and faculty created a joyous and friendly ambience.

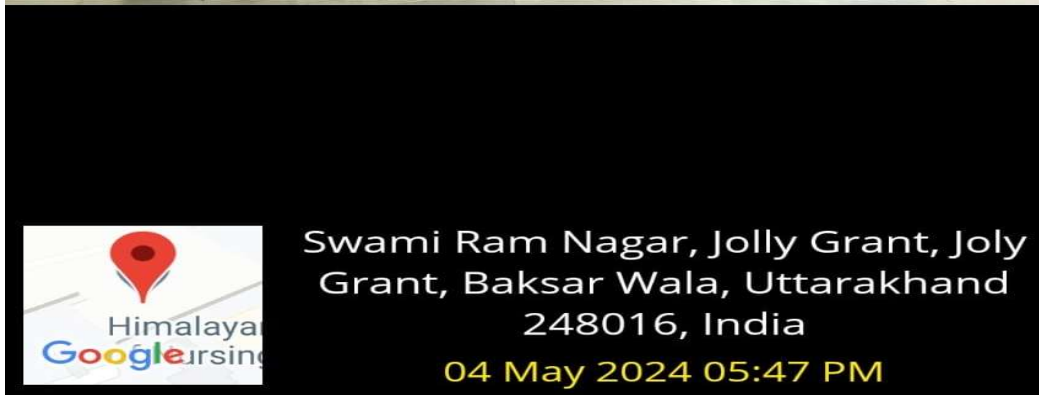
The event concluded by a vote of thanks, acknowledging the efforts of the Laughter Club, the participants, and those who contributed towards the success of the program. The celebration left everyone with smiles on their faces and a renewed appreciation for the power of laughter.



Pic 1- Student performing in the Event



Pic-2 Student and Teacher Interaction in a Game



Pic 3: Winner of fun activity with Faculty

SWAMI RAMA HIMALAYAN UNIVERSITY

REPORT ON WORLD LAUGHTER DAY 2025

Activity: Observation of World Laughter Day

Date: 3rd May, 2025

Venue: Mother Teresa Auditorium

Time: 02:30pm to 4:00pm

Beneficiaries: 143

The Laughter Club of SRHU had organized and observed World Laughter Day on 3rd May, 2025. Aim of this event was to reduce stress and take time from busy schedule to calm the mind, gain some health benefits from laughter and understand the benefits of laughter to improve health.

The activities like a Quiz, Dialogue delivery, Tongue twister, Simon Says, Poem recitation and laughter exercises were organized.

Program was attended by 143 B.Sc. Nursing IV semester students, few faculties of nursing department and faculties of Literary and fine art committee Ms. Preeti Prabha, Ms. Heena Negi, Dr. Anupama Sharma, Mr. Ankit Singh. Program was success and ended with vote of thanks.



Picture 1 Quiz Competition



Pic 2. Laughter Exercise



Picture 3: Participant of Laughter Day along with Faculty