The Impact of Distance Online Laughter Yoga (DOLY) on work stress , work Anxiety , aloneness & work Depression feeling on Corporate Employees Who Worked from Home During the COVID Pandemic


## ABSTRACT

**Aim** :This study evaluated the Impact of Distance Online Laughter Yoga (DOLY) on Work Stress, Work Anxiety, aloneness & Work Depression feelings in Corporate Employees Who Worked from Home During the COVID Pandemic

### Methods

A pilot randomized controlled trial (RCT) was conducted to assess the effects of distance online laughter yoga (DOLY) on work depression , work anxiety , work stress, and aloneness among adults. Thirty-two participants were randomly assigned to receive DOLY twice weekly for four weeks, while twenty-nine participants were assigned to a control group that received no intervention. Data were collected using the Depression Anxiety Stress Scale (DASS-21) and the De Jong Gierveld Loneliness Scale (DGLS) at the beginning of the study and at week four.

Randomization Process : Using this website (http://www.randomizer.org)

### Results ;

The online laughter yoga (DOLY) intervention resulted in a statistically significant reduction in work depression symptoms (DASS-21: $t(59) = -2.31$, $p < 0.05$). The mean work depression scores for the intervention and control groups at pre-test were 10.0 and 12.0, respectively. After the DOLY intervention, the mean work depression scores for the intervention and control groups were 8.0 and 12.0, respectively.

There were no statistically significant differences between the intervention and control groups in work anxiety, work stress, or work loneliness symptoms.

Conclusion

The findings of this study suggest that DOLY may be an effective intervention for reducing work depression symptoms. However, further research is needed to determine whether DOLY is effective in reducing other work-related stressors, such as anxiety, stress, and loneliness.



Keywords: Laughter therapy, corporate laughter yoga, work from home employees, depression, anxiety, stress, loneliness, yoga, happiness, Hasya Yoga, laughter yoga LOL Yoga


Introduction:

“The COVID pandemic has had a significant impact on mental health, with an increase in work stress, work anxiety , aloneness & Work depression. This is especially true for corporate employees, who are at risk of these mental health problems due to the demands of their work, the isolation of working from home, and the uncertainty of the pandemic” [1].

“Distance online laughter yoga (DOLY ) is alternative technique that uses breathing techniques and laughter to improve mental and physical health. It has been shown to be effective in reducing work stress, work anxiety , aloneness & Work depression” [2, 3].

A study by Alici and Bahceli (2021) investigated “the effects of distance online laughter yoga (DOLY) on depression, anxiety, stress, and loneliness levels in corporate employees” [1]. The results showed that online laughter therapy was effective in reducing depression levels, but did not have a significant effect on anxiety, stress, or loneliness levels.

Another study by Wang et al. (2020) found that “online LT was effective in reducing mental health problems, such as depression and anxiety, in first-year nursing students” [4].

“LT is a alternative technique that uses breathing techniques and laughter yoga to improve mental and physical health. It has been shown to be effective in reducing stress, depression, anxiety, and loneliness” [1, 2, 3]. Laughter therapy is best medicine for depression. This is supported by a study by Rawat (2022) which found that laughter therapy was effective in reducing depression symptoms in people with depression [5].

The findings of these studies suggest that Distance online laughter yoga (DOLY) is a promising intervention for reducing work depression in corporate employees. However, further research is needed to investigate the effects of DOLY on Work stress, and aloneness this population

Hypotheses

- H1: Distance online laughter yoga (DOLY) will be effective in reducing work depression symptoms in corporate employees who work from home.
- H2: Distance online laughter yoga (DOLY) will be effective in reducing work anxiety symptoms in corporate employees who work from home.
- H3: Distance online laughter yoga (DOLY) will be effective in reducing work stress symptoms in corporate employees who work from home.
- H4: Distance online laughter yoga (DOLY) will be effective in reducing work loneliness (aloneness) symptoms in corporate employees who work from home.

Materials and Methods

Study Design

This study was a parallel, two-armed, randomized controlled trial conducted between August 1 and August 31, 2021. Participants were randomly assigned to either the intervention group (Distance Online Laughter Yoga [DOLY]) or the control group.

Participants

Study Inclusion Criteria :

- Corporate employees working from home
- Aged 18 years or older
- In good health and able to perform daily activities
- Willing to take part in the study
- Both male and female Corporate employees

Exclusion criteria:

- Any condition where laughter yoga should be avoided (e.g., abdominal surgery in the last three months, regular medication use, epilepsy, uncontrollable hypertension, glaucoma, hernia)

Study Sample size and sampling Used:

The study population comprised 213 corporate employees from different locations in India who worked from home. The sample size was determined using G*Power software, with a power of 0.80, a margin of error of 0.05, and an anticipated effect size of 0.80. The original sample size was calculated to be 26 participants per group, but the final sample size was 61 participants (32 in the intervention group and 29 in the control group) due to dropouts (see Figure 1).

Study Data collection:

Study Data were collected at baseline and 8 weeks later using the following measures: Beck Depression Inventory (BDI-II), State-Trait Anxiety Inventory (STAI), Perceived Stress Scale (PSS), and UCLA Loneliness Scale.

Study Statistical analysis

The data were analysed using a repeated-measures analysis of variance (ANOVA) with a significance level of 0.05.

Study Procedure

Corporate employees who worked from home were recruited through social media and randomly assigned to either the intervention group (Distance Online Laughter Yoga [DOLY]) or the control

group. The intervention group received eight DOLY sessions, while the control group did not receive any intervention. The DOLY sessions were led by a trained laughter yoga teacher and consisted of a variety of exercises, including clapping and warming-up exercises, deep breathing exercises, childlike playfulness, and laughter exercises. Each DOLY session lasted for approximately 40-60 minutes.

Pre-test and post-test questionnaires were administered online and included measures of work depression, work anxiety, and work stress. The questionnaires were completed by the study participants before the start of the DOLY sessions (pre-test) and after the completion of the DOLY sessions (post-test).

This study used the following instruments to collect data:

- Demographic questionnaire: This questionnaire collected information about the participants' age, gender, residence, marital status, health status, and medication use.
- Depression, Anxiety, and Stress Scale (DASS-42): The DASS-42 is a self-report measure of depression, anxiety, and stress [6, 7]. It consists of 42 items, with 14 items each for depression, anxiety, and stress. The items are rated on a 4-point Likert scale, from 0 (not at all) to 3 (very much). The total scores for each subscale range from 0 to 12, with higher scores indicating more symptoms of depression, anxiety, or stress.
- De Jong Gierveld Loneliness Scale (DJGLS): The DJGLS is a self-report measure of loneliness [8, 9]. It consists of 11 items, with 6 items measuring emotional loneliness and 5 items measuring social loneliness. The items are rated on a 4-point Likert scale, from 0 (not at all) to 3 (very much). The total score for the DJGLS ranges from 0 to 33, with higher scores indicating more loneliness.

Results:

The demographic characteristics of the corporate employees in the intervention (DOLY)and control groups were comparable. The mean age of the participants was 19.00 years (SD = 2.31).

The outcome variables of work depression, work anxiety, and work stress were measured using the Depression, Anxiety, and Stress Scale (DASS-42). The mean DASS-42 total scores for the intervention and control groups at pre-test and post-test are shown in Table 1.

Table 1: Mean DASS-42 total scores at pre-test and post-test for the intervention and control groups

| Group | Pre-test | Post-test |
|---|---|---|
| Intervention(DOLY) | 18.67 (3.16) | 15.31 (2.78) |
| Control | 19.00 (3.22) | 19.13 (3.25) |

There was no significant difference between the intervention (DOLY) and control groups in terms of mean DASS-42 total score at pre-test ($t(60) = 0.875$, $p = 0.385$). However, after the DOLY intervention, the intervention group (DOLY)had significantly lower mean DASS-42 total scores than the control group ($t(60) = -2.268$, $p = 0.027$).

The mean depression subscale scores for the intervention (DOLY)and control groups at pre-test and post-test are shown in Figure 1.

Figure 1: Mean depression subscale scores at pre-test and post-test for the intervention (DOLY) and control groups

The intervention group(DOLY) had significantly lower mean work depression subscale scores after the DOLY Distance online laughter yoga intervention than before the intervention ($t(60) = -2.997$, $p = 0.003$). However, there were no significant differences between the groups in terms of mean work anxiety and work stress subscale scores at pre-test and post-test.

# Table 2

Comparison of Depression, Anxiety, and Stress Scale (DASS-42) mean scores at pre-test and post-test between the intervention (DOLY) and control groups.

| **DASS-42 Test** | | **Intervention (DOLY) (*n* = 32)** | **Control group (*n* = 29)** | ***t*** | ***P*** |
|---|---|---|---|---|---|
| | | **Mean (SD)** | **Mean (SD)** | | |
| DASS-42 (pre-test) | | 44.60 (22.72) | 39.40 (23.76) | 0.874 | 0.384 |
| DASS-42 (post-test) | | 27.76 (17.94) | 39.64 (22.82) | −2.346 | **0.024** |
| Subscales | Depression sub-scale (pre-test) | 13.90 (9.60) | 14.00 (10.70) | 0.852 | 0.961 |
| | Depression sub-scale (post-test) | 7.01 (6.10) | 13.42 (9.92) | −2.884 | **0.002** |
| | Anxiety sub-scale (pre-test) | 11.92 (7.32) | 9.12 (6.40) | 1.562 | 0.122 |
| | Anxiety sub-scale (post-test) | 7.92 (6.71) | 6.50 (6.54) | −0.944 | 0.345 |
| | Stress sub-scale (pre-test) | 18.80 (8.62) | 16.22 (9.15) | 1.124 | 0.262 |

| DASS-42 Test | | Intervention (DOLY) (*n* = 32) | Control group (*n* = 29) | *t* | *P* |
|---|---|---|---|---|---|
| | | Mean (SD) | Mean (SD) | | |
| | Stress subs-cale (post-test) | 12.80 (7.31) | 16.65 (9.11) | −1.822 | 0.072 |

Independent-samples t-test. Red and bold values indicate statistically significant differences ($p < 0.05$).

Table : 3 Comparison of De Jong Gierveld Loneliness Scale (DJGLS) mean scores at pre-test and post-test between the intervention (DOLY) and control groups.

Social Loneliness : SL , Emotional Loneliness : EL

| DJGLS | | Intervention (DOLY)(n = 32) | Control group (n = 29) | $t^a$ | *P* |
|---|---|---|---|---|---|
| | | Mean (SD) | Mean (SD) | | |
| DJGL Scale (pre-test) | | 3.73 (3.22) | 3.92 (2.70) | 0.175 | 0.813 |
| DJGL Scale (post-test) | | 2.82 (2.40) | 3.70 (3.05) | −1.243 | 0.214 |
| Subscales | SL (pre-test) | 6.62 (2.92) | 5.30 (3.30) | 1.684 | 0.094 |
| | SL post-test) | 1.12 (1.32) | 1.53 (1.62) | −1.114 | 0.266 |
| | EL (pre-test) | 2.33 (1.72) | 2.32 (1.70) | 0.065 | 0.946 |
| | EL (post-test) | 1.67(1.48) | 2.12 (1.80) | −1.058 | 0.292 |

Discussion

"This study investigated the effects of distance online laughter yoga (DOLY) on work depression, work anxiety, work stress, and work loneliness levels in corporate employees who worked from home during the COVID-19 pandemic. The results showed that DOLY sessions significantly reduced work depression levels in corporate employees who worked from home. This finding is consistent with previous studies that have shown the effectiveness of laughter therapy in reducing depression" (Kataria, 2011; Shahidi et al., 2011). "The significant decrease in depression levels may be related to

the physiological changes that occur during laughter therapy, such as the release of endorphins and the reduction of cortisol levels" (Kataria, 2011). Additionally, laughter therapy may have helped to improve social interaction and reduce isolation, which are both known risk factors for depression (Cacioppo et al., 2015).

However, the study also found that DOLY sessions did not significantly reduce work anxiety or work stress levels in corporate employees who worked from home. This finding is somewhat surprising, as laughter therapy has been shown to be effective in reducing anxiety and stress in other populations (Alici & Bahceli, 2021; Sabori et al., 2019). There are several possible explanations for this finding. First, it is possible that the work anxiety and work stress levels of the participants in this study were already low, and therefore not susceptible to further improvement with DOLY . Second, the study was conducted during a time when the COVID pandemic restrictions were gradually being lifted, which may have also contributed to the lack of a significant decrease in anxiety and stress levels. Third, it is possible that the DOLY was less effective than in-person delivery.

Future research should investigate the effects of DOLY on work anxiety and work stress levels in corporate employees who work from home with higher levels of work anxiety and work stress. Additionally, future research should compare the effectiveness of online and in-person laughter therapy in this population.

Overall, the findings of this study suggest that DOLY may be an effective intervention for reducing work depression levels in corporate employees who work from home. However, further research is needed to determine the effects of DOLY on anxiety and stress levels in this population.

"The present study investigated the effects of online laughter therapy on depression, anxiety, stress, and loneliness levels in corporate employees who work from home during the COVID-19 pandemic. The results showed that online laughter therapy sessions significantly reduced depression levels in corporate employees who work from home. This finding is consistent with previous studies that have shown the effectiveness of laughter therapy in reducing depression" (Kataria, 2011; Shahidi et al., 2011; [10, 11]). "The significant decrease in depression levels may be related to the physiological changes that occur during laughter therapy, such as the release of endorphins and the reduction of cortisol levels" (Kataria, 2011; [10]). Additionally, laughter therapy may have helped to improve social interaction and reduce isolation, which are both known risk factors for depression (Cacioppo et al., 2015; [12]).

The study also found that online laughter therapy sessions did not significantly reduce anxiety or stress levels in corporate employees who work from home. This finding is somewhat surprising, as laughter therapy has been shown to be effective in reducing anxiety and stress in other populations (Alici & Bahceli, 2021; Sabori et al., 2019; [1,2]). However, it is possible that the anxiety and stress levels of the participants in this study were already low, and therefore not susceptible to further improvement with laughter therapy. Additionally, the study was conducted during a time when the COVID-19 pandemic restrictions were gradually being lifted, which may have also contributed to the lack of a significant decrease in anxiety and stress levels.

Finally, the study found that online laughter therapy sessions did not significantly reduce loneliness levels in corporate employees who work from home. This finding is also somewhat surprising, as laughter therapy has been shown to be effective in reducing loneliness in other populations (Alici & Bahceli, 2021; Sabori et al., 2019; [1,2]). However, it is possible that the loneliness levels of the participants in this study were already low, and therefore not susceptible to further improvement with laughter therapy. Additionally, the study was conducted during a time when the COVID-19 pandemic restrictions were gradually being lifted, which may have also contributed to the lack of a significant decrease in loneliness levels.

Overall, the findings of this study suggest that online laughter therapy can be an effective intervention for reducing depression in corporate employees who work from home during the COVID-19 pandemic. However, further research is needed to investigate the effects of laughter therapy on anxiety, stress, and loneliness in this population.

Strengths

- This study was the first to investigate the effects of online laughter therapy on depression, anxiety, stress, and loneliness in corporate employees who work from home during the COVID-19 pandemic.
- The study was conducted in a real-world setting, which makes the findings more generalizable to other populations.
- The study used a randomized controlled trial design, which is the gold standard for research studies.
- The study had a relatively large sample size, which increases the statistical power of the findings.

Limitations

- The study was conducted over a relatively short period of time, so it is not clear whether the effects of online laughter therapy would be sustained over a longer period.
- The study was conducted in India, so the findings may not be generalizable to other cultures.
- The study did not include a control group that did not receive any intervention, so it is not possible to say for sure that the improvements in depression were due to the online laughter therapy.

Conclusion

The findings of this study suggest that online laughter therapy can be an effective intervention for reducing depression in corporate employees who work from home during the COVID-19 pandemic. However, further research is needed to investigate the long-term

effects of online laughter therapy and to determine whether it is effective for other mental health conditions.

**Consent**

As per international standard or university standard, Participants' written consent has been collected and preserved by the author(s).

Recommendations

Based on the findings of this study, the following recommendations are made:

- Online laughter therapy programs should be developed and implemented for corporate employees who work from home.
- Online laughter therapy programs should be integrated into the daily training program for corporate employees who work from home.
- Offline laughter yoga sessions should be held with team members during work from office hours.
- Further research is needed to investigate the long-term effects of online laughter therapy and to determine whether it is effective for other mental health conditions.

# Annexure 1

Online Laughter Therapy Process

Step 1: Clapping exercise: 10 Minute

Step 2: Deep Breathing Exercise with Laughter: 10 Minutes

Step 3: Gibberish Laughter: 10 Minutes

Step 4: Laughter Exercise: 20 minutes

Step 5: Laughter Meditation: 5 minutes (Optional

Step 6: Laughter dance and Music with Positive affirmations: 5 minutes

Step 1: Clapping exercise (Choose any three): 10 Minute

1. Simple clapping: A clap is the percussive sound made by striking together two flat surfaces, as in the body parts of humans
Start with simple clapping

2. Clap with Rhythm of Ho, Ho, Ha-Ha-Ha Clapping with Laughter yoga style (Clapping with chanting of Ho Ho Ha Ha Ha)

3. Eyes Closed clapping Laughter
Closed your eyes and take long deep breath in and laugh loudly ha ha ha ha ha ha ha ha ha with normal joyful clapping

4. Snapping Clapping (Chutki) Laughter Yoga

Snapping Your Fingers. to Clap With One Hand. Press your thumb correctly and middle finger of the same hand together. Apply pressure normally as you can without hurting either finger. Repeat this with both hand with sound of Ho Ho Ha Ha Ha.

5. Interlock your finger and clapped with laughter

Interlock your both hand finger and clap with laughter

Step 2: Deep Breathing Exercise (Choose Any 3)

Duration: 10 Minutes

1. Below Breath (Bhastrika Laughter)

Raise your hands up to the sky in little fists, or with the fingers splayed out wide. Inhale through your mouth and with every exhale, drop your elbows into your side body and make a “HA” sound from the bottom of your diaphragm.

2. Alternate Nostril Breathing (Nadi shodhan)

Practice this technique by placing your right middle and pointer fingers in the palm of your hand leaving just your little and ring fingers

and your thumb free. Take your right thumb over your right nostril and inhale through the left nostril. Now take your ring finger and place it over your left nostril to exhale through the right nostril. Next leave your hand as it is and inhale through the left nostril, then switch, placing your thumb over your right nostril and exhaling through the left nostril.

Repeat this until you are finished with your breathing exercise

3. Equal Breathing: Inhale through your nose for the count of 4 and exhale through your nose for the count of 4. Repeat 4 to 5 times

4. Abdominal Breathing: Put one hand on your stomach and one hand on your chest. Breath in deep through nose and feel your stomach and chest rise. Then breath out fully through your nose and feel your chest and stomach fall.

Step 3: Gibberish Laughter: 10 Minutes

Gibberish is a language of sounds without meaning. Kids speak gibberish when they start learning to speak and when they play. In Laughter Therapy sessions we sometimes use gibberish as a warming up exercise/ice breaking exercise to help loosen body and reduce inhibitions and shyness. Some people find it easier if you tell them what to 'talk' about. Different emotions can be expressed during this gibberish exercise which includes happiness, anger, sadness, romance and more. It is a humorous exercise and helps cultivate childlike playfulness. Gibberish may be used as fast or at normal conversational speed and generally involves a focus on tone, hand and body movements to convey meaning. Silent type of gibberish is also fun and easier for some.

Method:

STEP 1: Throw out

I. Close your eyes and take long deep breath in and let go . Now start nonsense sounds or words or language which don't have any meaning or sense.

II. Just speak loudly with emotions (Anger, Happy, sad etc) any language that you don't know

III. Don't resist your body and mind just allow body and mind

to express whatever need to expressed with in you. Throw everything out.

IV. The mind always think, in terms of words. Gibberish Laughter helps to break up the pattern of continual verbalization. Throw out your all emotions and thoughts without suppressing.

V. Relax yourself and concentrate on your breath.

• Benefits of Gibberish Laughter:

• It is very useful in anger management

• It is very useful in Stress Management

• It is very helpful in insomnia, anxiety and depression

• It is very helpful to balance emotions

• It is helpful in keeping body and mind calm

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Step 4: Laughter Exercise: 30 minutes

1. Greeting Laughter: Namaste Laughter – Since Laughter Yoga started from India, the first laughter exercise is to greet each other by joining both the hands and looking into the eyes and laughing. Handshake Laughter: Alternatively, one can shake hands with different group members and laugh as in the western way of greeting. We can also combine Namaste with handshake laughter.

2. Mobile Phone Laughter: Imaginary Mobile phones “rings,” put it to your ear and laugh as though you heard the funniest joke ever. Move around and share with others, laughing. You can also pretend to hold two imaginary phones in both your hands laughing alternately on each one.

3. Credit Card Bill Laughter: Hold an imaginary bill in your open hand (palms facing towards you) and laugh at what you see and show it to others.

4. Argument Laughter: Laugh by pointing and wagging index

fingers at each other as if you are arguing and laughing at the same time.

Variation: This laughter can also be done between two groups facing each other and laughing competitively, while pretending to argue.

5. Lion Laughter: This particular laughter has been derived from a Yogic posture known as Simha Mudra (lion posture). Stick your tongue out fully, while keeping your mouth wide open. Stretch both your hands like the paws of a lion, roar loudly and laugh from the belly.

6. Appreciation Laughter: This is a value-based laughter where the leader reminds the participants, how important it is to appreciate others. In this exercise, the tip of the index finger is joined with the tip of the thumb, making a small circle, while the hand is moved forwards and backwards, looking at different members and laughing in a gentle manner, as if you are appreciating your fellow beings in the group. It is followed by ho ho ha ha ha chanting along with clapping.

Variation: put both hands in a thumbs up position and look at others as if appreciating and laughing.

7. Super Brain Laughter Yoga / Apology Laughter :Cross your arms and hold your ear lobes with index finger and thumb. Bend at the knee, bow down and laugh.

8. Electric Shock Laughter: Reach as if to shake hands and pretend that you've got an electrostatic shock from the other person's hand. Laugh at the surprise!

9. Laughter Cream: Pretend to squeeze a tube of cream into your hands (or scoop it out of a jar), then apply (to self and to others) and laugh.

10. Wi-Fi Laughter - Place both index fingers pointed up from

head like antenna trying to get Wi-Fi signal. Walk around laughing.

11. No Money Laughter: (precedes “Jackpot Laughter”) Pull your pockets inside out and laugh with palms up pretending to have no money.

12. Ants in your pants Laughter: Run around shrieking and laughing as if your pants were filled with ants!

13. Army Greeting Laughter: March around like soldiers and salute others, laughing as you do.

14. Bowling Laughter: Pretend to throw a laughing bowling ball and cheer if you get a strike. Do it all in unison for the biggest impact.

15. Buddha Laughter: Sit in meditation pose and laugh from the belly.

16. Celebration Laughter: Everyone huddles in a small circle then the leader tells them a “secret” and everyone cheers and laughs wildly. Ask for other volunteers to share a secret.

17. Closed-Eye Laughter :Close your eyes and walk around slowly with arms in front of you. When you bump into someone, laugh together and try to figure out who it is.

18. Cocktail Party Laughter: Pretend to hold a cocktail glass. Laugh with people in a stuffy, pretentious way and look over their shoulder to find someone better to go laugh with.

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19. Pray Laughter: Open your both arm up in direction of sky with deep breath in (thanks to god to give this beautiful life, once down your hand with breath out with spread laughter(Two Deep Breath in and Let Go)

20. Brush Your Teach Laughter: Bring your brush apply paste and start brushing with different funny style and laugh Ha Ha

Ha Hoa Hoa He He (Two Deep Breath in and Let Go)

21. Reading News Paper Laughter: Pretend to read a funny article in newspaper. Point and show it to someone and laugh. (Two Deep Breath in and Let Go)

22. Rose Laughter Yoga: Wife or husband give rose Inhaling rose and during exhale laugh ha ha ha ha ha ha ha ha ha ha ha (Two Deep Breath in and Let Go)

23. Elephant Laughter Yoga: Make the trunk by hand and sound like elephant and laugh loudly.

24. Bunny Rabbit Laughter Yoga: Feel as you are Bunny and dance like Bunny rabbit dance with laughter.

25. Donkey Laughter: Make the sound of donkey dainchu dainchu and laugh openly hahhahahahhahahah

26. Shahurkh Khan style Laughter Yoga: All we know Sharukh khan signature style Expand your both hand with deep breath in laugh. One more time expand your hand with deep breath in and hug yourself and slowly dance with laughter(Gratitude Laughter Yoga)

27. Kapil Sharma Style Laughter Yoga: Baba ji Thullu Ha Ha ha he he he

28. Selfie Crazy Laughter: Social Media Laughter Make a pose of selfie and laughter vigorously feel like you just uploaded your selfie .You got 100 likes then how do you laugh .

29. Bullet Bike Laughter: Start laughing like bullet bike sound Booooooooooooooo

30. Eye to Eye Laughter: Look Into Someone’s Eyes, Smile and Giggle: The other will laugh without even knowing why.

Step 5: Laughter Meditation: Vowel Laughter

Meditation: 10 minutes

Pronunciation of vowels (a,e,i,o,u) has a direct, though subtle, impact

on the heart. The pumping action of the heart – especially its operation of pumping out pure blood – is supported by this accent. Repeated loud enunciation of this vowel at constant amplitude helps regulate the supply of pure blood from the heart to various part of the body. In mantra vijnana this vowel is regarded to possess creative power.-

ऐ (ā): The sound of this vowel affects the chest and the upper parts of the lungs. Its impact strengthens the upper ribs, helps clean the digestive canal and also energizes the mind. Controlled and repeated enunciation of this vowel would be very useful towards the cure of asthma and chronic cough.

इ - ई (i - ī): Stretched pronunciation of these has a direct positive effect on the throat and its connections with the brain. This activates upper chamber of the heart. Cleansing of the respiratory tract and the intestines is performed by regular stimulation by the continuous sound of these sharp vowels. People suffering from chronic headaches or cardiac ailments should benefit from consistently exercising the repeated 'chanting' of these vowels.

आई (e - ai): The sound of these vowels has an impact on the kidneys and also on the junction of the throat and the respiratory tract. Repeated pronunciation of these vowels helps cure of renal (urinary) diseases. Rhythmic enunciation of these strengthens the soft membranes inside the vocal cord and hence it is very useful for the singers or teachers who have to sing/speak, at a constant pace, for relatively longer periods of time.

ओ - औ (o - au): The natural functioning of genital organs and the muscles and veins of its peripherals are strengthened by the sound of these vowels. The regular practice of chanting these vowels also stimulates the central part of the chest and is useful in supporting the cure of pneumonia and pleurisy.

उ - ऊ (u - ū): Pronunciation of these vowels has direct positive

impact on the organs in the middle and the lower parts of the body – namely, the liver, stomach and the lower intestine. It reduces the



weight of the belly. Constipation can be cured by regular recitation of these vowels over a continuous stretch of time. Women suffering from diseases of the abdomen would also benefit from such exercises.

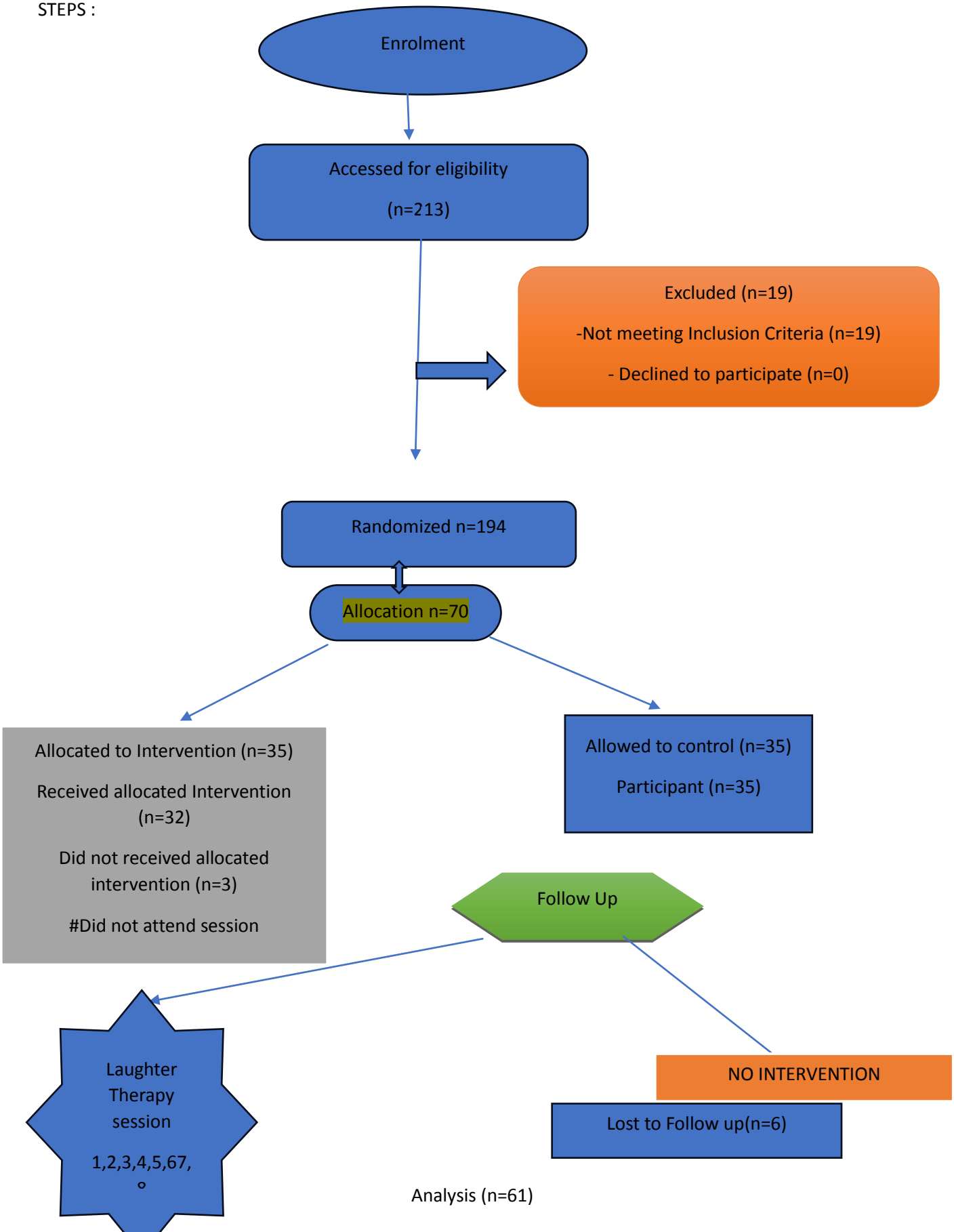
Step 6: Laughter dance and Music with Positive affirmations: 10 minutes

Sing and Dance with alone or group in your favorite song with loud laughter Positive Affirmations with Laughter:

1. I am Happy – With Laughter, You are happy (with Laughter), we all (Universe) are Happy
2. I am Healthy- With Laughter, You are Healthy (with Laughter), we all (Universe) are Healthy
3. Laughter with happiness come easily and naturally to me
4. I create laughter and feelings of happiness and joy wherever I go
5. The universe is laughing with me
6. I have a great sense of humor
7. Every time I laugh or smile, I create positive energy and healing
8. I make people laugh easily
9. I find humor in everything and love to laugh.
10. I feel calm, relaxed, and hopeful around other people.

Reference : Laughter Therapy for Depression eBook : Rawat, Harish: Amazon.in: Kindle Store

STEPS :


Enrolment
Accessed for eligibility
(n=213)
Excluded (n=19)
-Not meeting Inclusion Criteria (n=19)
- Declined to participate (n=0)
Randomized n=194
Allocation n=70
Allocated to Intervention (n=35)
Received allocated Intervention (n=32)
Did not received allocated intervention (n=3)
#Did not attend session
Allowed to control (n=35)
Participant (n=35)
Follow Up
Laughter Therapy session
1,2,3,4,5,67,
NO INTERVENTION
Lost to Follow up(n=6)
Analysis (n=61)

The links to the references are as follows: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