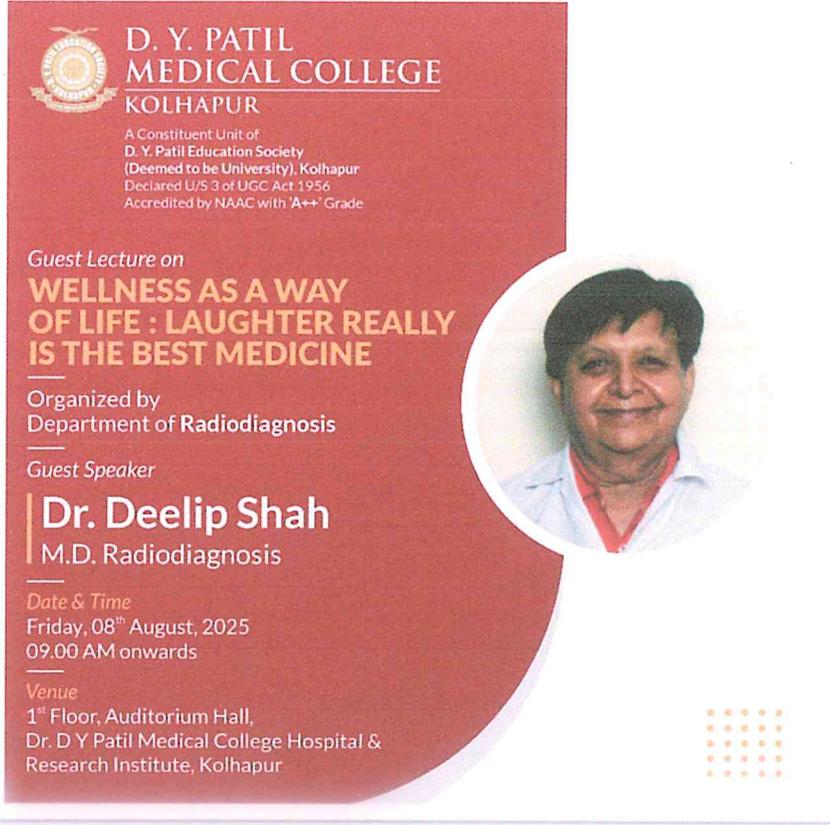


Dr. D. Y. Patil Hospital, Kadamwadi  
 INWARD NO.: 413  
 DATE : 13.08.2025



**D.Y. PATIL EDUCATION SOCIETY, DEEMED TO BE  
 UNIVERSITY,  
 D.Y.PATIL MEDICAL COLLEGE, KOLHAPUR  
 DEPARTMENT OF RADIODIAGNOSIS  
 REPORT**

<b>TITLE</b>	<b>GUEST LECTURE</b>
<b>TOPIC</b>	<b>“Wellness As A Way Of Life: Laughter Really Is The Best Medicine.”</b>
<b>DATE</b>	08 <sup>th</sup> August 2025.
<b>ORGANISER</b>	<b>DEPARTMENT OF RADIODIAGNOSIS</b>
<b>INTRODUCTION</b>	<p>The department of Radiodiagnosis at Dr. D Y Patil Medical College Hospital and Research Institute, Kolhapur, organised a <b>Guest lecture</b> on <b>08<sup>th</sup> August 2025</b>. The session featured <b>Dr. Deelip Shah</b>, He brought a wealth of knowledge and experience to the session.</p> <p>The topic of his lecture was <b>“Wellness as A Way of Life: Laughter Really Is the Best Medicine.”</b> This lecture featured Laughter, a natural and joyful expression, As a simple, accessible, and effective tool, laughter supports both physical and mental health, making it an essential part of a healthy lifestyle.</p>
<b>EVENT DETAILS</b>	 <p align="center">DR. D. Y. PATIL      MEDICAL COLLEGE HOSPITAL      &amp; RESEARCH INSTITUTE      Accredited by NAAC with 'A++' Grade  <small>Reg. No. 217/Kolhapur Medical Colleges</small></p> <hr/> <p>Outward No: <u>DYPM/MS/378</u> Date: <u>04/08/2025</u></p> <p align="center"><b>DEPARTMENT OF RADIODIAGNOSIS</b></p> <p align="center"><b>CIRCULAR</b></p> <p align="center">There will be a “GUEST LECTURE” on Friday 08/08/2025 at Morning 09 am to 10 am. Compulsory attendance of all Faculties, Residents, Interns, Technicians, Teaching &amp; Non-Teaching Staff.</p> <p><b>TOPIC</b> - WELLNESS AS A WAY OF LIFE: LAUGHTER REALLY IS THE BEST MEDICINE</p> <p align="center">By  <b>Dr. Deelip Shah</b>  <small>(M.D. RADIODIAGNOSIS)</small></p> <p><b>VENUE</b> - Auditorium Hall, First Floor, Dr. D. Y. Patil Medical College Hospital &amp; Research Institute, Kadamwadi, Kolhapur.</p> <div style="display: flex; justify-content: space-between; align-items: flex-end;"> <div style="text-align: center;">   <small>Medical Superintendent        Dr. D. Y. PATIL MEDICAL COLLEGE        HOSPITAL &amp; RESEARCH INSTITUTE        KADAMWADI, KOLHAPUR - 416 003</small> </div> <div style="text-align: center;">  </div> <div style="text-align: center;">   <small>Prof. &amp; Head        Dept. Of Radiodiagnosis        DR. PATIL PRADEEP S        Professor &amp; HOD        Dept. of Radiodiagnosis        MAC, S1105        D.Y. Patil Medical College        Kolhapur</small> </div> </div> <hr/> <p><small>Phone: 020-2747121, 020-2747122    Website: www.drdeelipshah.com    Address: Kadamwadi, Kolhapur - 416 003</small></p> <p align="right">   </p>

<p><b>AIMS</b></p>	<ul style="list-style-type: none"> <li>• To highlight the importance of wellness as a daily lifestyle choice.</li> <li>• To explain the physical, mental, and emotional benefits of laughter.</li> <li>• To explore how laughter can be used as a tool for stress relief and healing.</li> <li>• To encourage the integration of humor into everyday life for better overall wellbeing.</li> </ul>
<p><b>OBJECTIVES</b></p>	<ul style="list-style-type: none"> <li>• Describe how laughter impacts physical and mental health.</li> <li>• Identify the scientific benefits of laughter in daily life.</li> <li>• Recognize ways to incorporate laughter into routines and environments (home, work, etc.).</li> <li>• Appreciate laughter as a practical tool for enhancing well-being.</li> </ul>
<p><b>AGENDA &amp; ACTIVITIES</b></p>	 <p><b>Session Format:</b></p> <ul style="list-style-type: none"> <li>• Brief overview of wellness and the role of laughter in a healthy lifestyle.</li> <li>• Exploring the science and benefits of laughter through real-life examples.</li> <li>• Ways to integrate laughter into daily routines for better well-being.</li> </ul>

**LEARNING OUTCOME**

By the end of this session, participants were able to:

- Understand the connection between wellness and laughter.
- Explain how laughter positively affects physical and mental health.
- Identify simple ways to incorporate laughter into daily life.
- Appreciate laughter as a valuable tool for improving overall well-being and resilience.

**ATTENDANCE SHEET**

**D. Y. PATIL MEDICAL COLLEGE**  
 D. Y. PATIL EDUCATION SOCIETY  
 KULKARNI  
 AUGUST 2023

Department: Dept of Radiodiagnosis  
 Date of Lecture: 20/08/2023  
 Topic: Wellness in a way of Great Laughter Really is the Best Medicine

Name of Teacher & Address: Dr. Deepak Shah (MD Radiodiagnosis)

Sr. No.	Employee ID	Name of attendee	Department	Designation	Time	Signature
1	10001	Dr. Deepak Shah	Radiodiagnosis	MD	8:30 AM	[Signature]
2	10002	Dr. Anil Kumar	Radiodiagnosis	MD	8:30 AM	[Signature]
3	10003	Dr. S. S. Patil	Radiodiagnosis	MD	8:30 AM	[Signature]
4	10004	Dr. N. N. Patil	Radiodiagnosis	MD	8:30 AM	[Signature]
5	10005	Dr. P. P. Patil	Radiodiagnosis	MD	8:30 AM	[Signature]
6	10006	Dr. Q. Q. Patil	Radiodiagnosis	MD	8:30 AM	[Signature]

Sr. No.	SRN Number	Name of Student	Department	Designation	Signature
1	10001	Dr. Anil Kumar	Radiodiagnosis	MD	[Signature]
2	10002	Dr. S. S. Patil	Radiodiagnosis	MD	[Signature]
3	10003	Dr. N. N. Patil	Radiodiagnosis	MD	[Signature]
4	10004	Dr. P. P. Patil	Radiodiagnosis	MD	[Signature]
5	10005	Dr. Q. Q. Patil	Radiodiagnosis	MD	[Signature]
6	10006	Dr. R. R. Patil	Radiodiagnosis	MD	[Signature]

Professor S.H.O.D.  
 Department of Radiodiagnosis  
 D. Y. PATIL MEDICAL COLLEGE  
 KULKARNI, KARNATAKA  
 KARNATAKA, KARNATAKA - 576 102

**Written Feedback:**

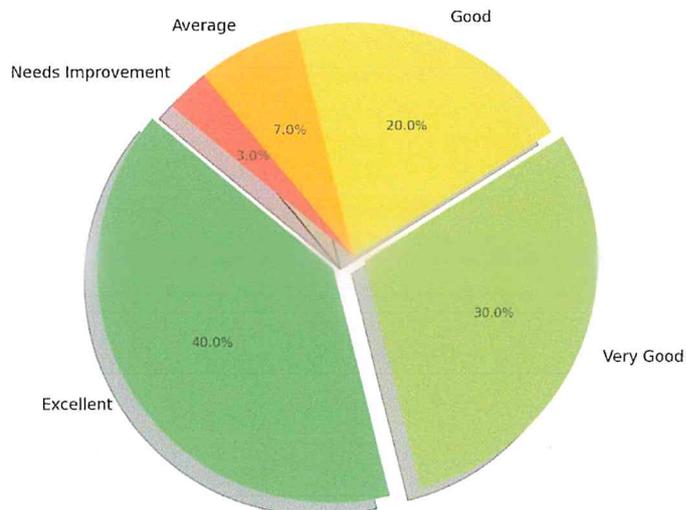
**FEEDBACK & EVALUTATIONS**

- “I never realized how powerful laughter could be for mental health. I’ll definitely try to laugh more intentionally now.”

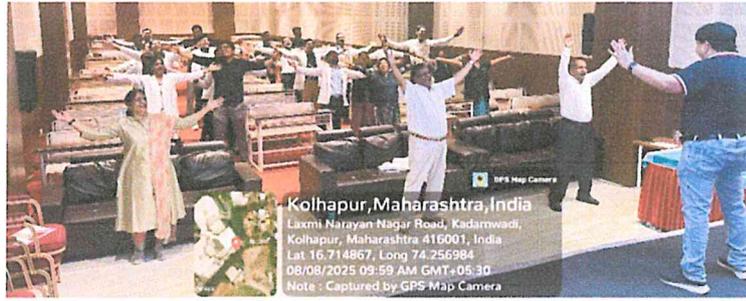
- “The session was fun and informative. The laughter activity helped me feel instantly lighter and more relaxed.”
- “Loved the real-life examples and the interactive format. It made the topic very relatable.”
- “This session reminded me not to take life too seriously. A small laugh can make a big difference.”
- “Well-structured and engaging presentation! I would recommend this session to others.”

**Pie Chart – Participants Feedback Summary:**

- **Feedback Category      Percentage**
  - Excellent                      40%
  - Very Good                      30%
  - Good                              20%
  - Average                         7%
  - Needs Improvement        3%



**GEOTAGGED PHOTOS**



*Dr. D. Y. Patil*

*Medical Superintendent*

**DR. D. Y. PATIL MEDICAL COLLEGE  
HOSPITAL & RESEARCH INSTITUTE  
KADAMWADI, KOLHAPUR - 416 003**



*P. Patil*

**PROFESSOR & HEAD  
DEPT. OF RADIODIAGNOSIS  
Professor & H.O.D.**

**Department of Radiodiagnosis  
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