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Laughter is the best Medicine

What do you call people that are afraid of Santa Clause?
Claustrophobic!

Why is that funny? Have you ever wondered about that?

Human beings love to laugh, and the average adult laughs 17 times a day.

It seems so natural to laugh for us but the funny thing is that humans are the only species that laugh. Laughter is actually a complex response that involves many of the same skills used in solving problems and equations.

Humans love to laugh so much that there are actual industries, jokes and sitcoms built around laughter. There are clubs built around laughter. You can actually attend a "laughing club" where in the morning all they do is act like complete buffoons and laugh at themselves! Why? Because laughter feels good and we have all heard the saying "Laughter is the best medicine". There is substantial and strong evidence that laughter can actually help fight disease. Laughter is such diverse subject that there is actually a science of laughter called gelotology and the people that study laughter are called gelotologists.

So what is laughter? Well I could baffle you with my amazing intellect, perplexing words and quotes from the Encyclopaedia Britannica such as "Rhythmic, vocalized, expiratory, and involuntary actions" or "zygomatic major muscles" but fortunately I am not. Very basically, laughter consists of two principle elements- a set of gestures and the production of sound. The brain, during fits of laughter, pressures us to conduct both of these actions simultaneously. However when we laugh heartily the arms and even legs may get involved.

Firstly, laughter starts in the brain. Certain sections of the brain perform different tasks such as the analysis of the joke, the getting of the joke, and the emotional responses which evoke a physical response.

While laughing fifteen facial muscles contract and the main lifting mechanism of your upper lip stimulates. Meanwhile your larynx half closes so that air intake occurs irregularly, making you gasp. In extreme circumstances the tear ducts are activated. While the mouth is opening and closing and the struggle for oxygen ensues the face becomes moist and red or purple. The noises that usually accompany this bizarre behaviour range from sedate giggles to what the Encyclopaedia Britannica describes as "boisterous guffaws".

Scientists believe that laughter began long ago when humans lived in caves and hunted wild animal, they used to laughing as a gesture of shared relief at the passing of danger. The early humans also used it as an indication of trust.

Laughter is related to making and strengthening human connections and laughter occurs more often when people are more comfortable with each other and when they feel open and free.

All of you that work in offices, have you ever noticed that when the boss laughs, so does everyone else even though the joke is lame? If you have then you are very perceptive. Tribal leaders or family leader in early humans used to use humour as a way of controlling people's feelings. So by making people laugh, the boss can alter the emotional climate of the group. Laughter also can be a saviour in a threatening or embarrassing situation. If the threatening person joins the laughter, the risk of confrontation may lessen.

So the next time you go for a hair cut and the hairdresser makes your hair look like you've lost a fight with a lawnmower, just laugh it off and it will all be alright.

What makes us laugh I hear you ask? Gelotologists believe that a joke becomes funny when we expect one outcome and another occurs. Our mind anticipates the end of the joke so our emotions are already set in. But when the joke has an unexpected ending are mind has to switch gears and new emotions develop or you imagine a ridiculous picture in your head which makes you laugh.

It can also be caused when an individual makes a complete fool of themselves and in turn everyone else feels superior to him. This feeling of superiority makes our brain think that we can laugh at the person.

Laughter not only helps human sociability, it actually helps fight and prevent diseases. Stress hormones suppress the immune system, and laughter shuts of the flow of stress hormones. When we are laughing, natural killer cells that destroy viruses and tumours increase as do so many other vital proteins and cells that combat disease. Laughter also increases the amount of saliva which defends against infectious organisms entering through your mouth.



Correction – Those that received last month Samacher news in the post the dates for our AGM should read as:

Leicester Branch AGM on 25th June 2006

Main Body AGM on 16th July in Birmingham
Starting @ 11am

AGM Notice

By Now everybody will have received the Circular & AGM notice letters through the post. We have also enclosed Minutes of last AGM, Agenda & year ending accounts. Please familiarise yourself with the minutes & accounts.

If you would like to raise a matter in AOB, please put it in writing & forward it to Banu Lokat **before 9th JUNE.**

We request that you settle any fees or donations that you have pledged over the past year & forward payments to our Hon Treasurer Imtiaz Sulemanji.

Cheques payable to DBWS.

The Committee will be publishing the names of all members whose fees & debts are outstanding.

Not only does it help your immune system, it gives you a full body workout! Gelotologists believe that laughing a hundred times is like doing ten minutes of intense exercise. It works out your abdominal, respiratory, back, leg and facial muscles. That is why you feel out of breath when you feel exhausted after a long bout of laughter. You have just had an aerobic workout.

I conclude my speech with an interesting quote. Those who can not laugh at themselves leave the job to others. So remember, when you are feeling down, when you are feeling unfit, when you are feeling sad don't cry. Just laugh!

Article written by Azeem Sulemanji

Wedding Season....

Congratulations to Master Zabir Kapasi to Huma Vanat on their recent Civil marriage & Nikah.

A word of warning.....Listen to the WIFE!! Always

Management Committee News

The Committee recently approved phase 2 of getting building control approval for Hussein Manzil. This involves a detailed drawing of materials that will be used & where steel beams will fit & actual sizes. Thereafter building work can commence.

Updated News...

As I reported in my last Samacher that the Jamaat recently purchased new carpets, I am pleased to inform you that 2 families have come forward & donated the cost of the carpets to the Jamaat.

The Committee would like to thank them for making the gesture.

Jokes Corner

Q: Why does Sardars always smile during lightning storms?

A: They think their picture is being taken.

Q: How do you keep a Sardarji busy?

A: Write 'Please turn over' on both sides of a piece of paper.

Q: What do you do when a surdarji throws a pin at you?

A: Run like Hell....he's got a hand grenade in his mouth.

Q: What do you do when a surd throws a hand grenade at you?

A: Pull the pin and throw it back.

Q: What's the difference between a surd and a computer?

A: You only have to punch information into a computer once.

Loughborough Sports Day

The weather just held off and the afternoon turned into exciting game of cricket. It was like the Presidents 11, playing NOTTINGHAMSHIRE. Nottinghamshire won, thanks to the man of the match who scored excess of 50 runs N.O. Well deserved man of the match went to Adam Tajbhai

For those who get this via Email, I have enclosed sum photos of the day. Scroll down.

Life is a test
Islam is the best
Namaaz is a must
Aakhirat is for rest
World is only dust
If Quran is in chest, nothing needed next.
Obey Allah first
Success will be next

Munira Rangwalla

Translation...

I am looking for some one who may be able to translate these issues of our Samacher news in to Gujarat format. If you know of any organisation or friends, please contact KALIM.

PLACE A MESSAGE HERE...

Want to share exam results, good news, birthdays, matrimonial news this is the SPACE to do it in

Contact Kalim

Ring System List

I have enclosed the lasted copy of our RING SYSTEM List (May 2006). Please let me know if your address or Email changes, so I can keep our records up to date

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Loughborough Sports Day Gallery - photos by Kalim Vanat



Why is Exercise Important?

Helps Prevent Diseases

Our bodies were meant to move -- they actually crave exercise. Regular exercise is necessary for physical fitness and good health. It reduces the risk of heart disease, cancer, high blood pressure, diabetes and other diseases. It can improve your appearance and delay the aging process.

Improves Stamina

When you exercise, your body uses energy to keep going. Aerobic exercise involves continuous and rhythmic physical motion, such as walking and bicycling. It improves your stamina by training your body to become more efficient and use less energy for the same amount of work. As your conditioning level improves your heart rate and breathing rate return to resting levels much sooner from strenuous activity.

Strengthens and Tones

Exercising with weights and other forms of resistance training develops your muscles, bones and ligaments for increased strength and endurance. Your posture can be improved, and your muscles become more firm and toned. You not only feel better, but you look better, too!

Controls Weight

Exercise is also a key to weight control because it burns calories. If you burn off more calories than you take in, you lose weight. It's as simple as that.

Improves Quality of Life

once you begin to exercise regularly, you will discover many more reasons why exercise is so important to improving the quality of your life. Exercise reduces stress, lifts moods, and helps you sleep better. It can keep you looking and feeling younger throughout your entire life.

Regular Badminton Sessions are held @ Maher Community Centre on Fridays from 8pm

Badminton is a really easy and fun game to play so even if you've never played before come and learn.

For more information call Amir 07801 335133, or just turn up. Badminton is currently closed but starts again **Friday June 9th**. Hope to see you there.

Written by Amir Dawood Kapasi, (Young & Healthy)