

Chuckle and cackle

Humour has also saved my skin several times

Sameer Jain

Reveal the FUNNY SIDE in you to LIVE LIFE with EASE AND DE-STRESS

Misha Paul

EVERYONE loves a joke. Humour helps grab attention, build a rapport with listeners and makes a message a lot easier to swallow. Kicking off your tasks, a relationship or even your day with fun, not only adds to productivity, but also helps you put the final nail on the coffin of stress. People like Jim Carrey, Charlie Chaplin or the characters of Friends have successfully made real life situations funny sans mind-blowing jokes. For Marathi cinema, Dada Kondke and films like *Eka Jeev Sadashiv*, *Harya Narya Zindabad*, *Choricha Mamma*, *Gammat Jammata* have given unique, unforgettable comic scenes.

The capacity to appreciate the lighter side of any situation that is otherwise not so pleasant is a prime requisite for humour. "Exams give rise to a creepy feeling of mourning but for me exams were fun. I knew I didn't know much but I also knew I couldn't do anything on exam day. So I would go about cracking jokes either at my situation or on my friends, who knew everything," says Sharon Seth, first year engineering student.

Mife to Go Before J Pit Stop



Prashant Sinha; one of his works (above)

Laughter is the nonverbal agreement of your message and Sandeep Dharma, a fashion choreographer says, "Bringing the fun element in your shows always help attract people and also gives your work recognition. Like, even before the video of the song *bachna ae haseeno* was released, I con-

ceptualised my own choreography which had guys trying to woo girls but finally a small boy wins over the girls' hearts. Also for the song *I'm a disco dancer* where the boys play around with a mannequin and finally her false hair falls down, shocking the boys. People enjoyed, danced and clapped; what else do you need to make your show a success?"

Sameer Jain, a comic columnist feels life becomes a lot easier when you get a

smile out of someone in the worst situation. "A friend had her wedding called off and it was my supportive thoughts that, 'she could now eat what she wanted and not diet', make her smile. Humour has also saved my skin several times. Frustrated with work, I'd once accidentally mailed a cocky email to my boss. When he called me and asked for an explanation, I told him that as I hardly got emails from him, I was ensuring that he read



my mails."

Prashant Sinha, a freelance caricature artist, who has made caricatures for Shobhaa De, Tanushree Dutta, Firoz and Lila Poonawalla, Dilip Vengsarkar and others at the Race Course, Pune Festival 2008, Le Meridian, 98.3 FM Gang, says, "Caricatures can be the funny, cute or beautiful part of a person and can make someone feel special. The best part of caricatures is that they do not give you momentary enjoyment like stand-up comedies and rock shows. They have the ability to make you smile as long as they are with you." So think funny, adopt a playful attitude, use overstatements, impromptu ad libs, understatements and exaggerations and use humour to your advantage. Take work seriously, and not yourself. Life is a carousel. If you miss the trick to make it click, you might fall apart!