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"A STUDY TO ASSESS THE EFFECTIVENESS OF LAUGHTER THERAPY ON THE LEVEL OF LONELINESS AMONG ELDERLY RESIDING IN SELECTED OLD AGE HOMES OF PUNE CITY"

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ABSTRACT

The ageing process is accelerated by a variety of molecular and cellular damage that builds up over time. As a result, one's physical and mental capabilities steadily decline, their risk of contracting diseases rises, and eventually they pass away. These modifications are neither linear nor consistent, and they only obliquely relate to a person's age stated in years. Diversity in terms of age is not accidental. Aside from biological modifications, ageing is typically associated with