

# Message from Dr. Madan Kataria

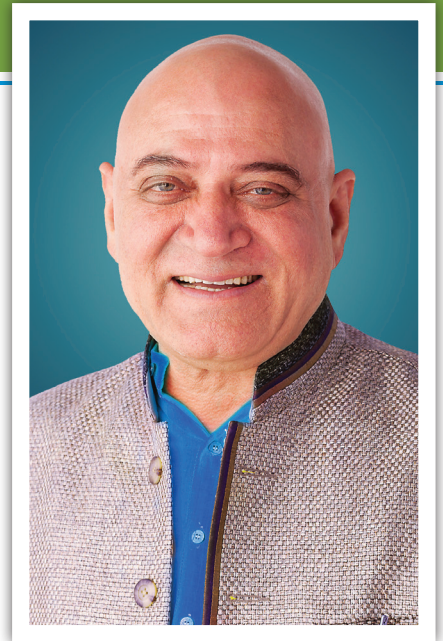
## Celebrating World Laughter Day

### May 7, 2023 (Sunday)

PRESS RELEASE

#### Celebrating World laughter Day

Today we need to laugh more than ever. As doom and gloom dominates the news, we have good news for you. On 7<sup>th</sup> May 2023 Sunday Laughter Yoga community with their family and friends will be celebrating World Laughter Day. Every first Sunday of May, we celebrate World Laughter Day. This is a special day designated to build global awareness of health, happiness and world peace through the daily practice of Laughter Yoga.



Laughter yoga is a powerful technique which can keep your spirits high in these challenging times. Because it is not a comedy; this is an exercise program, and you can laugh even when you don't feel like laughing. Our slogan is: **"We don't laugh because we are happy; we are happy because we laugh"** William James

10 to 15-minutes of laughter yoga exercises can reduce stress makes your immune system stronger and keeps your mind positive. Laughter and breathing exercises can strengthen your immune system and oxygenate your lungs to prevent the infection.

The Laughter Club movement, which started in Mumbai in 1995, has spread to more than 120 countries. Laughter is a universal language we all speak without any language barrier. These free social Laughter Clubs connect people from different cultures and countries and provide a social network of caring and sharing people.

On this auspicious day, let us all stand for a minute and laugh heartily with our arms pointing skywards and send out positive vibrations of love and peace into the world.

*Dr. Madan Kataria*

Founder Laughter Yoga Clubs Movement  
Nashik, India