

Message from Dr. Madan Kataria

Celebrating World Laughter Day

May 3, 2026 (Sunday)

PRESS RELEASE

Celebrating World laughter Day

Today, we need to laugh more than ever before. At a time when the world is facing increasing conflict and uncertainty, the news of war and violence is creating fear, anxiety, and negativity in people's minds. Yet, even in these challenging times, there is good news—we have the power to change our inner state and influence the world around us.

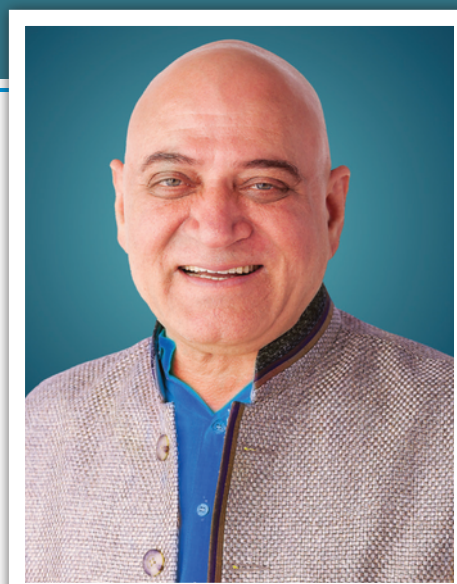
On Sunday, May 3, 2026, the global Laughter Yoga community, along with families and friends, will come together to celebrate World Laughter Day. Celebrated every first Sunday of May, this special day is dedicated to spreading health, happiness, and world peace through the practice of Laughter Yoga.

Just 10 to 15 minutes of Laughter Yoga can reduce stress hormones, strengthen the immune system, and increase oxygen supply to the body and brain. In a world affected by stress-related illnesses, laughter offers a simple, cost-effective way to improve both physical and mental well-being.

What started as a small Laughter Club in Mumbai in 1995 has now spread to more than 120 countries. Laughter is a universal language that connects people beyond barriers of culture, religion, and nationality. Laughter Clubs around the world bring people together in a spirit of friendship, care, and shared joy.

In a world divided by conflict, we can unite through laughter. On this special day, let us all stand together, raise our arms toward the sky, and laugh wholeheartedly for one minute, sending out vibrations of love, peace, and positivity across the globe. When we change within, the world around us begins to change.

Peace begins in the heart—and laughter is the fastest way to reach it.



Dr. Madan Kataria

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