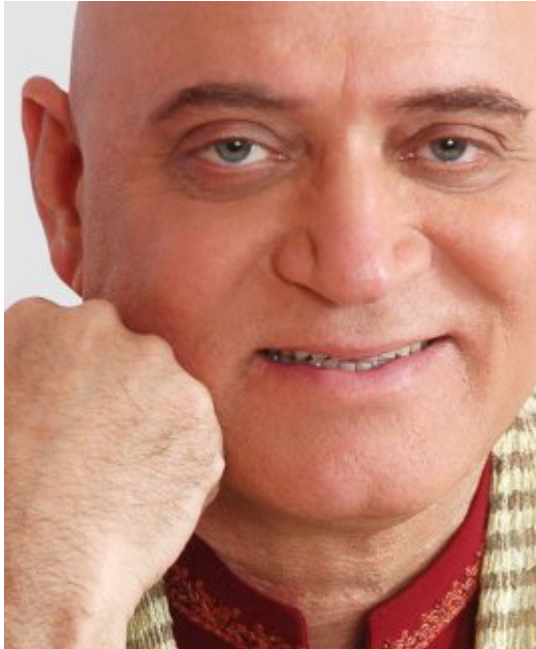


# World Laughter Day Message from Dr. Kataria

Monday, 29 March 2010 16:41



Dear Laughter friends,

World Laughter Day is a very special day celebrated worldwide on the first Sunday of every May. Our mission is to bring Good Health, Joy and World Peace through laughter. The way Laughter Yoga has grown across 65 countries without marketing and advertising leaves me with no doubt that this new concept is widely accepted among different cultures and countries and is truly universal.

Everyone knows laughter is good for health, but what kind of laughter is beneficial. Science tells us that laughter is beneficial only if it is sustained and when we laugh longer at least for 10 -15 minutes. There is no way we can laugh that long naturally in our real life. Since laughter in Laughter Yoga is done in the form of an exercise,

we can laugh as long as we want to get the guaranteed benefits of laughter. Secondly, in this high pressure, high tension modern world, there are not many reasons that makes us laugh. Therefore, we need to disconnect our laughter from reasons of life and laugh unconditionally without any reason.

While many are getting the health benefits and changing their quality of life, the question is how do we actually bring world peace through laughter? The formula is simple - **When you laugh; you change and when you change the world changes around you.**

By multiplying Laughter clubs, we are building a worldwide community of like-minded people who believe in common shared values of unconditional love and laughter. It will cultivate ideals based on goodness, generosity, forgiveness, truthfulness and honesty.

I take this opportunity to announce that we will soon be setting up the world's first ever International Laughter Yoga University in Bangalore, India. There will be no academic degrees given; it will be the University of 'Living Life'. We will teach people how to bring more joy and laughter in their lives.

On this auspicious day, I appeal to everyone to participate in the World Laughter Day celebrations worldwide and laugh unconditionally for at least one minute and stand in silence for 30 seconds, wherever you are, to pray for peace in this world.

Love & Laughter

Dr. Madan Kataria