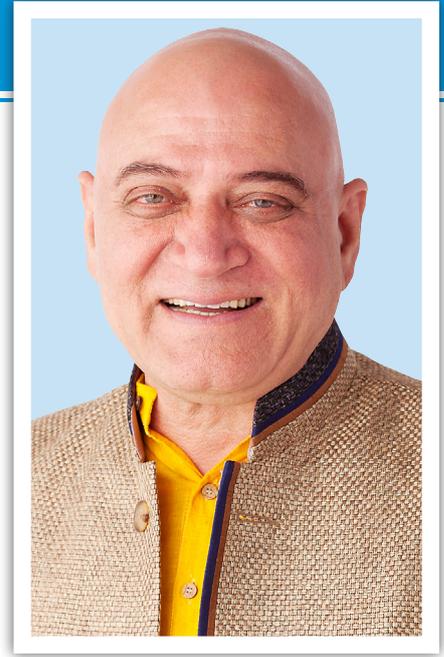


Message From Dr. Madan Kataria Founder of Laughter Yoga



Dear Laughter Friends,

Every first Sunday of May we celebrate World Laughter Day - This year being more special as Laughter Yoga completes 20 years! Started in 1995, it has spread across 100 countries with thousands of social laughter clubs, which are helping to bring more laughter and joy into people's lives.

Laughter Yoga is also being practiced in schools, colleges, universities, senior centers, organizations for physically mentally challenged, prisons and many more.

Our mission is – Health, Happiness and World Peace through Laughter, and the formula to achieve this is very simple. If people are happy and healthy they will contribute to world peace because peace inside is peace outside.

TALKING ABOUT HEALTH

Laughter Yoga is simple, cost effective exercise to reduce stress, strengthen the immune system and oxygenate each and every cell of our body. If you laugh everyday you will not fall sick easily and if you have chronic health issues you will heal faster.

ABOUT HAPPINESS

Why people are not happy because they look for happiness in the outer world. We cannot change the outside circumstances in a day, but what we can do is to change the way we feel inside. This inner change is the key to see the change in the outer world. Laughter Yoga has taught us that the easiest way to be happy is to find happiness within by laughing for no reason. Our slogan is – we don't laugh because we are happy; we are happy because we laugh.

WORLD PEACE THROUGH LAUGHTER

Laughter is a universal language we all speak. By setting up free social Laughter Clubs all over the world we are creating a worldwide community of healthy and happy people from different countries and cultures to become like an extended family.

Let us all stand for a minute and laugh heartily with our arms pointing skywards and send out positive vibration, love and peace into this world.