

Message from Dr. Madan Kataria Celebrating World Laughter Day May 02, 2021 (Sunday)

Celebrating World laughter Day in the face of COVID Pandemic

Today we need to laugh more than ever. Mental-health problems caused by the global COVID crisis will be the next pandemic. Social isolation, economic instability and disrupted work routine have made our mental health suffer. As doom and gloom dominates the news, we have good news for you.

On 2nd May 2021 Sunday Laughter Yoga community with their family and friends will celebrate World Laughter Day. Every first Sunday of May, we celebrate World Laughter Day. It 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 that 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.

Ever since the lockdown, Laughter Yoga members are laughing online, helping them a lot. Tens of thousands of people worldwide are doing laughter exercises with their families at home and joining online laughter Yoga sessions on Zoom and Skype. Online laughter sessions are happening every half an hour, and you can join them for free.

For Joining Zoom Laughter clubs worldwide
<https://laughteryoga.org/zoom-laughter-club/>

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

The Laughter Club movement, which started in Mumbai in 1995, has spread to more than 116 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

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