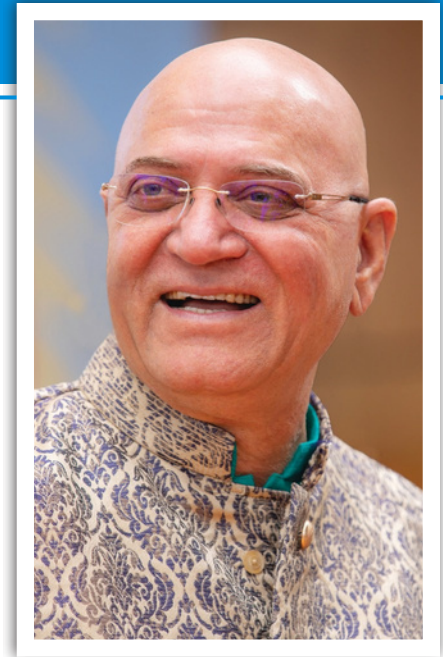


Celebrating World Laughter Day

May 5, 2024 (Sunday)



On World Laughter Day, Let's Laugh and Plant a Tree

This Sunday, May 5, 2024, the Laughter Yoga community will gather with family and friends to celebrate World Laughter Day. Observed on the first Sunday of May each year, World Laughter Day aims to promote global awareness of the benefits of laughter for health, happiness, and world peace through the daily practice of Laughter Yoga.

So, how can laughter contribute to world peace? The concept is straightforward: Laughing brings about personal transformation, and this personal change can lead to positive changes in the world around us. The key lies in inner transformation, which is essential for effecting change in the external world.

The conflicts observed in the world mirror the internal battles occurring within individuals. Unconditional laughter has the ability to alter our internal chemistry, uplifting our spirits and improving our overall sense of well-being. Feeling good internally can shift our perception of the external world, leading to a more positive outlook.

Laughter serves as a universal language that bridges cultures and connects individuals from different countries. Through the establishment of free, social Laughter Clubs, we are building a global community of compassionate and caring people committed to unconditional love, kindness, and compassion.

With a presence in over 120 countries, Laughter Yoga has created a worldwide community of millions of joyous individuals. On this World Laughter Day, let us engage in a heartfelt laugh for one minute in the name of world peace and plant a tree to safeguard our environment.

Dr. Madan Kataria
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