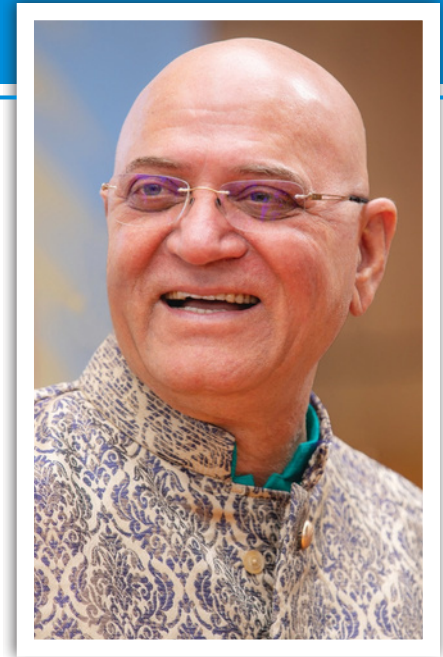


Celebrating World Laughter Day

May 4, 2025 (Sunday)

Mission: Health, Happiness, and World Peace Through Laughter

This Sunday, May 4, 2025, 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 simple: laughter 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 creating change in the external world.

The conflicts we see in the world reflect the internal struggles taking place within individuals. Unconditional laughter has the power to alter our internal chemistry, uplift our spirits, & enhance our overall sense of well-being. When we feel good internally, our perception of the external world shifts, resulting in a more positive outlook.

Laughter is a universal language that bridges cultures and connects people from all walks of life. Through the establishment of free, social Laughter Clubs, we are building a global community of compassionate and caring individuals dedicated to unconditional love, kindness, and peace.

On March 13, 2025, we celebrated 30 years of the Laughter Yoga movement, which has now spread to more than 120 countries around the world.

On this World Laughter Day, let us raise our arms to the sky, take a deep breath, and laugh heartily for one full minute—sending out positive vibrations of laughter to help bring peace to the world.

Dr. Madan Kataria

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