



## Laughing and Healing together: Celebrating Laughter Day

### Description

By Ynez

World Laughter Day is celebrated worldwide on the first Sunday of May every year. This special day is all about embracing happiness, healing, and togetherness through the magic of laughter.

The history of this day traces back to 1998, when Dr. Madan Kataria, an Indian physician and the visionary behind the laughter yoga movement, established it. He was inspired by the facial feedback hypothesis, which suggests that our expressions can influence our emotions and the overall mindset of an individual.

This movement became globally popular on January 9th, 2000, in Copenhagen, Denmark, where its first gathering, "Happy-DEMIC" outside India was celebrated. This event was attended by 10,000 people. Laughter clubs and events organize programs worldwide to promote the significance and the benefits of laughter.

There are many health benefits, and it controls stress by reducing the cortisol levels and helps to build stronger connections with others, and also helps the heart by improving the blood flow.

The theme of the 2025 World Laughter Day emphasized peace, happiness, and good health through collective laughter. World Laughter Day is a wonderful celebration of the universal gesture of laughter by embracing and conveying that laughter is the best medicine that can keep us together and enlighten the world.

### Category

1. Humanscape

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