

## BIO: Dr. Madan Kataria



**Dr. Madan Kataria, the ‘Guru of Giggling’ (London Times), is founder of Laughter Yoga, a new exercise technique that is sweeping the world.**

While researching the benefits of laughter in 1995, he was amazed by the number of studies showing profound physiological and psychological benefits of laughter. He decided to find a way to deliver these benefits to his patients and other people.

The result is laughter yoga, a system that allows people to enjoy unconditional laughter on demand. His breakthrough came when he realized it was possible for adults to laugh like children – without the use of jokes, humor or comedy.

He started with just with just five people in a public park in Mumbai. Twelve years later hundreds of thousands of people in India laugh together every day and the system has spread to more than 50 countries.

Dr Madan Kataria is a physician from Mumbai, India who leapt to fame as laughter yoga spread quickly to USA, Canada, Europe, Australia, the Middle East, South East Asia, China and Africa.

It has been widely covered by prestigious publications like the TIME magazine, National Geographic, and the Wall Street Journal and featured on CNN, BBC, US networks and the Oprah Winfrey Show.

Dr. Kataria is a corporate consultant for Holistic Health and “Stress Management through Laughter” to national and multinational corporations in the USA, Canada, Europe, Switzerland, Australia, Singapore and Dubai. These include UBS Bank Switzerland, IBM India, Hewlett Packard Denmark, Italy and Malaysia, YPO (Young President Association) in many countries, SAS Airlines Sweden, Volvo Automobiles Sweden, Emirates Bank and Emirates Airlines, Glaxo Pharmaceuticals India, and management associations in Australia, Malaysia & Pakistan and India.

He has been a keynote and motivational speaker for Ministry of Manpower and Social Welfare, Singapore Government, Western Australian Parliament, Dubai (UAE), HRD Congress Malaysia, the Dubai Wellbeing Show and more.

A popular speaker featured frequently on television and radio, he is an eminent social worker involved in social projects. He has authored the book, “Laugh for No Reason” which is the only book on laughter yoga. He is also involved in many research projects to measure the scientific benefits of unconditional laughter.

His technique of laughter yoga is practiced as a group exercise in more than 5000 Laughter clubs worldwide. It incorporates laughter exercises, childlike playfulness, improve, and elements of yogic breathing.

The most profound impacts of Laughter Yoga have been in reducing stress and promoting wellness. Recent studies in the USA and Bangalore, India using unconditional laughter have positively confirmed these benefits. The scientific confirmation of what has been observed in thousands of laughter groups marks a turning point in the acceptance of laughter yoga in business world and in schools, hospitals, old age centers and other areas.

Press Photos and contact details at [www.laughternews.org](http://www.laughternews.org)