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## New health mantra: Live life laughter size

Maharashtra Hasyayog Seminar 2007 held in city on Sunday was a 'roaring' hit

### REPORTER

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**SWARGATE:** Roars of laughter filled Ganesh Kala Krida Manch, the venue for Maharashtra Hasyayog Seminar 2007, on Sunday.

The seminar focused on the serious business of laughter as a recipe for healthy living. Dr Madan Kataria, president and founder of International Laughter Club, said that laughter helped to release endorphins and encephalins, commonly known as happy hormones.

Natural laughter, which lasts only for seconds, does not suffice. "To use laughter like a medicine, one needs to laugh for at least 15 to 20 minutes a day. This is possible only in a laughter club or with simulated laughter. It increases oxygen supply and blood circulation in the body and relaxes muscles," Dr Kataria said.

### Absolutely the best medicine

THE story of Dr Ursula Kirchner who healed her multiple fractures with simulated laughter, breathing exercises and positive thinking, without painkillers is inspiring. "When I fell from a ladder, I suffered multiple fractures, crippling my lower body. It was a Sunday and I had to wait for hours for the doctor, so, I started laughing, knowing that laughter releases tranquilisers. When the doctor came and asked how was I feeling, I said fine! As I attended Swami Sivananda's yoga camp after two months, still bandaged, I would imagine myself walking normally and did yoga and laughter exercises. I healed in four weeks." Dr Kirchner is president of Brazil Laughter Club and founded it in 2003 along with Mari Tereza after they attended one of Dr Kataria's training sessions.

Keeping in line with the trends of the time, Dr Kataria demonstrated his 'Mobile Laughter':

"Pretend that you are talking on the mobile and laugh, like in a conversation with a friend. After having talked on your 'mobile' you will obviously receive the bill.

Pretend to look at it and

laugh at yourself saying, *isse kaun bharega?* (Who will pay this)?" Dr Kataria said, "While laughing, it is important to exhale completely as it helps to empty your lungs." In response to demand, he would soon release a CD called 'Laughter Yoga Alone.' "15 minutes with this will recharge you completely," he said.



**Dr Ursula Kirchner demonstrates Brazilian laughter techniques with Mari Tereza (background) with volunteers from the local laughter club at the Ganesh Kala Krida Manch on Sunday**

MH Photo