Objective: The celebration of World Laughter Day is intended as a positive manifestation for world peace to build up a global consciousness of friendship through laughter.

About the World Laughter Day

The first celebration was on January 10, 1998, in Mumbai, India, and was arranged by Dr. Madan Kataria, founder of the worldwide Laughter Yoga movement. Now the day is celebrated on the first Sunday of May, every year.

Laughter is a positive and powerful emotion that has all the ingredients required for individuals to change themselves and to change the world in a peaceful and positive way.

World Laughter Day celebration at Silver Oak Group of Institutes

World Laughter Day was celebrated by the Silver Oak Group of Colleges on 2nd May 2015 Saturday.
The event was organized by General Department, Aditya Silver Oak Institute of Technology. The event commenced with the addressing on the benefits of laughter as Yoga and Exercise by Dr. Divya Mishra, Vice Principal.

All members of the family participated in laughter practice, making it successful.

The event got a positive response from all the members of Silver Oak Family which includes administration, faculty members and non-teaching staff. Some of the members also shared their funny experience.
The event was concluded by a pledge where everybody voluntarily decided to face every situation by goodwill and smile.

Lastly the participants were motivated by the distribution of colourful smileys.