

Abstract No 25**Laughter therapy as techniques for reducing Stress****Mr. Sarath Chandrasekara**

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Laughing is an excellent way to reduce stress in our lives, and can help you to cope with and survive a stressful lifestyle. Laughter provides a full-scale workout for your muscles and unleashes a rush of stress-busting endorphins. Since our bodies cannot distinguish between real and fake laughter, anything that makes you giggle will have a positive impact. You do not need to be happy or have a sense of humor to benefit from a good laugh. Laughter therapy aims to get people laughing in both group and individual sessions and can help reduce stress, make people and employees happier and more committed, as well as improve their interpersonal skills. A laughter therapist's aim is to help you laugh more easily. Therapy is available in group or individual sessions - these start with a warm-up followed by a range of activities designed to get you giggling. Laughter doesn't come easily to everyone, but luckily the body can't actually. Laughter therapy is suitable for everyone although most therapists work within the healthcare profession or in the workplace, where laughter is used as a means of relieving stress. Yoga is one of the popular techniques for the stress management and Laughter Therapy is one of the methods in Yoga. This paper pays attention to Stress Management through Laughter Therapy and focus here to know the stress and its further classification of symptoms. Stress is one of the killer in the present generation in Japan another name given to stress as KAROSHI, In conclusion, Laughter therapy is one of the best method to release stress and live very happy life with mental peacefulness.

Key words : Laughter, Therapy, Stress, Health care, Karoshi