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Ha, Ha, Ha!

It's just after 6:30 in the morning in Mumbai, India. About 20 men and women of all ages are running around in a city park, breathing deeply and cracking up with laughter. Their leader, a 50-year-old man, is wearing a T-shirt with a photo of himself and his wife smiling widely. "Now," he says, "the Lion Laugh," and they all raise their hands, stick out their tongues and laugh loudly. "Ha, ha, ha! Ho, ho, ho! Hee, hee, hee!"

About 11 years ago, Dr. Madan Kataria, the man in the T-shirt, wrote an article for a health magazine about laughter being the best medicine. While he was doing research for the article, he discovered that laughter actually makes you feel better, whether you are laughing for real or pretending to laugh. After he wrote the article, he was inspired by what he had learned. Suddenly, at four in the morning, an idea came to him. Three hours later, Dr. Kataria and his wife were walking – and laughing – in a park near their home with a small group of people. The first Laughter Club had begun.

Dr. Kataria says that in Mumbai it is important to laugh. Life is not easy in Mumbai. It is one of India's busiest and biggest cities. Between 13 and 19 million people live there, and half of them live in slums*. However, Dr. Kataria believes that they don't need a comedian and they don't even need a sense of humor in order to feel good. They just need to join a Laughter Club.

To become a member of a Laughter Club you don't have to pay any money. You just have to come and laugh with a group of people. Today, there are more than 5,000 laughter clubs in India. The clubs work together to get the world laughing at least one day a year – on World Laughter Day. This is good news for Dr. Kataria, whose dream is "to bring about world peace through laughter". It means he is one step closer to seeing his dream come true.

*slums – שכונות עוני

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1. Circle the correct answer.

   According to lines 1-5, a group of 20 men and women are in the park to....

   a. make T-shirts
   b. learn to breathe better
   c. get exercise
   d. laugh loudly

2. Complete the sentence to answer the question.

   According to lines 6-12, what did Dr. Kataria discover?

   He discovered that people feel better when they _____ for real or when they _____.

3. a. Circle the correct answer, Yes or No.

   Dr. Kataria got the idea to start a Laughter Club after doing research for an article.

   YES / NO

   b. Copy the words from the article that helped you answer.

   _____

4. Answer the question.

   Why does Dr. Kataria say that it is important for people who live in Mumbai to laugh?

   _____

5. Circle the correct answer.

   Dr. Kataria believes that if you want to feel better, all you need to do is.. (lines 13-17)

   a. walk in the park
   b. listen to a comedian
   c. join a Laughter Club
   d. live in a busy city

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6. Circle the correct answer.

   According to lines 18-22, which statement is NOT true?

   a. There are over 5,000 Laughter Clubs in India.

   b. You don't have to pay to become a member of a Laughter Club.

   c. Dr. Kataria's dream is to bring peace to the world through laughter.

   d. World Laughter Day is the day when the first Laughter Club opened.

7. Answer the question.

   Do you think Laughter Clubs are important? Explain why or why not.

   _____

   _____

   _____

   _____

LIVEWORKSHEETS