

Research by SVYASA University, Bengaluru. SVYASA in Bangalore India is one of the world's leading Yoga Research Organizations. They are recognized as "Scientific & Industrial Research Organization, (SIRO)" by the Department of Scientific and Industrial Research, Ministry of Science & Technology, Government of India. 200 participants were randomly selected from 3 Bangalore IT companies.

More Research is required after this pilot study

The Laughter Yoga.

DEEP BREATHING & STRETCHING: Prepares body for laughter yoga exercises. CLAPPING & CHANTING Bring out our natural child-like playfulness.

LAUGHTER YOGA Exercises include elements of role-play and improvisation. Many are designed to reduce stress and provide tools to deal with future stress more effectively. After seven sessions over 18 days a downward trend in heart rate is apparent, indicating that heart rate might continue to reduce.

The 6% reduction in Systolic BP is significant & suggests reduced sympathetic nervous system activity or reduced stress levels. The 4% reduction in Diastolic BP is also significant and suggests relaxation from stress.

Cortisol is a stress hormone that accurately reflects perceived stress levels. There was a 28% reduction in cortisol levels

The PANAS (Positive Affectivity and Negative Affectivity Scale) test assesses the "emotional style" a person uses to cope with events in their life. Negative emotions like

fear, disappointment, distress, upset, sadness, guilt, nervousness, shame, and misery have decreased by 27% after the Laughter Yoga sessions.

Perceived Stress Scale: The PSS test measures an individual's perceived stress. There was an 11% reduction in perceived stress

Alexithymia is a serious condition in which people have difficulty in identifying and expressing emotions. Alexithymia is strongly inverse to 'Emotional Intelligence'. It reduces empathy, communication skills, creativity and innovation – all skills that are identified as critical for success in the workplace. Our tests showed a significant 8% decrease in Alexithymia

Conclusion.

There can be no doubt that Laughter Yoga significantly reduces stress levels in the workplace. Physiological, biochemical, and psychological tests all indicate reductions in stress and improvements in the subjects' abilities to cope with stress. This will result in improved physical and mental health. We observed the Laughter Yoga participants develop of a deep sense of physical, mental and emotional well-being. Reduced stress is an indicator of wellness of the mind and body, and we would expect to see resulting reductions in illness and disease with corresponding drops in absence and sick leave. We would also expect Laughter Yoga to result in increased productivity and quality of work, better communication and interpersonal relationships, and a more harmonious workplace.

It is remarkable that such significant changes were found after only seven 20-minute sessions of Laughter Yoga over a short period of time.

Dr. M S Chaya – Principal Investigator



Copies of the entire research document can be requested from info@laughteryoga.org.