

Permanent Mission of India
New York

First World Meditation Day

Press Release

Permanent Mission of India to the United Nations (UN) is commemorating the First World Meditation Day at the Trusteeship Council Chamber in UN Headquarters, New York on 20 December 2024. It may be recalled that the UN General Assembly (UNGA) unanimously adopted the resolution on declaration of 21 December as World Meditation Day on 6 December 2024. India was a member of the core group of countries that guided the adoption, along with Liechtenstein, Sri Lanka, Nepal, Mexico and Andorra.

2. The theme of the event is 'Meditation for Global Peace and Harmony'. Gurudev Sri Sri Ravi Shankar from the globally renowned Art of Living Foundation will be the keynote speaker.

3. Several dignitaries, including senior UN leadership, Permanent Representatives, members of the diplomatic corps and hundreds of other guests are expected to attend the event.

4. India's instrumental role in the adoption of the resolution is a testimony to its firm commitment to overall human wellbeing and global leadership on this front in tune with its civilizational dictum of Vasudhaiva Kutumbakam-the whole world is one family. It may be recalled that India had also taken the lead in the UNGA's unanimously adopted resolution on declaration of 21 June as the International Day of Yoga.

5. The declaration of World Meditation Day is timely given the numerous conflicts and growing tensions in different regions of the world and people's desire to achieve inner peace and calm in such testing times. 21 December marks the Winter Solstice. In Indian tradition, it is considered auspicious since Uttarayana begins with the Winter Solstice and is considered an opportune time for meditation and inner reflection.

New York
13 December 2024