

Permanent Mission of India
New York

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Press Release

**Permanent Mission of India Celebrates the Second World Meditation Day
at the United Nations**

The Permanent Mission of India along with members of the core group namely Missions of Andorra, Mexico, Nepal and Sri Lanka celebrated the second World Meditation Day at the United Nations Headquarters on 19 December 2025. A high-level event was held today in the Trusteeship Council Chamber to mark the occasion. Renowned Guru and spiritual leader Sri Sri Ravi Shankar delivered the keynote address and led the audience through a guided meditation session.

2. Several distinguished speakers addressed the gathering today, touching upon various aspects of meditation. Yogmata Keiko Aikawa and Sister BK Gayatri from Brahma Kumaris Organisation shared their experiences on practising meditation and spreading awareness about it across the world. Mr. LP Bhanu Sharma, co-founder of Jeevan Vigyan Foundation in Nepal spoke about providing practical education in Yoga and Meditation. Dr. Lasantha Chandana Goonetilleke, Professor, Rutgers University and Dr. John Hagelin, Physicist & International President of the Global Union of Scientists for Peace shared their experience on the potential of meditation as an instrument that can enhance our potential to address contemporary challenges.

3. The event was attended by close to 700 participants. Permanent Representative of India to the UN, Ambassador Harish Parvathaneni highlighted India's civilisational understanding that at a very fundamental level, transforming oneself brings about transformation in the external world, and that inner peace begets external peace in the world. The Permanent Representatives of Nepal, Sri Lanka, Andorra and a delegate from Permanent Mission of Mexico, as members of the core group that led the finalization of the World Meditation Day resolution spoke at the event.

4. It may be noted that on 6 December 2024 the United Nations General Assembly unanimously adopted resolution A/RES/79/137 officially declaring 21st of December as World Meditation Day. The first World Meditation Day was celebrated at the United Nations Headquarters on 20 December 2024.

*New York
December 19, 2025*
