

Permanent Mission of India
New York

India drives World Meditation Day in the United Nations

Press Release

India was a member of the core group of countries that guided the unanimous adoption of the resolution on declaration of 21 December as World Meditation Day by the United Nations General Assembly (UNGA) on 6 December 2024. Liechtenstein, Sri Lanka, Nepal, Mexico and Andorra were the other members of the core group.

2. India's instrumental role in the adoption of the resolution is a testimony to its firm commitment to overall human wellness and global leadership on this front in tune with our 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.

3. The declaration of World Meditation Day comes at a time, when various regions of the globe witness conflicts and growing tensions. Meditation is rooted in ancient practices and is an effective tool to achieve inner transformation and peace in the modern day. It is aimed at comprehensive human wellbeing, including mental, emotional, physical and spiritual dimensions. It prepares human beings to cope with several modern day issues such as heightened anxiety and stress and brings about harmony between mind and body, humans and nature.

4. Modern science attests to the numerous benefits of meditation and its profound impact on our lives. It has been scientifically proven that regular meditation significantly reduces stress, and enhances cognitive and physical functions.

5. 21 December marks the Winter Solstice and in the Indian tradition, Uttarayana begins with the Winter Solstice and is considered as an auspicious time of the year, especially for meditation and inner reflection to fully harness the human potential. It also falls exactly six months after the International Day of Yoga on 21 June, which is the Summer Solstice.

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