

**Permanent Mission of India to UN
New York**

Concept Note
“Meditation for Global Peace & Harmony”
Trusteeship Council, UNHQ
Friday 20 December 2024 – 1600-1730 hours

Celebrating 1st World Meditation Day with
Gurudev Sri Sri Ravi Shankar

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

In an era characterized by unprecedented technological development and information flows, humanity finds itself increasingly distant from inner peace and mental well-being. **World Meditation Day** is a powerful reminder of the transformative potential of meditation in navigating the complexities of contemporary life. Practice of meditation is a holistic approach to mental, emotional, spiritual and physical wellness. At its core, it represents a deliberate technique to enable practitioners to achieve a mentally harmonious and emotionally calm state of being. In today's high-stress environment, where anxiety, and mental health challenges have become pervasive, meditation offers a crucial sanctuary of inner calm and introspection. Scientifically validated research demonstrates its profound impact on neuroplasticity, stress reduction, emotional regulation, and overall cognitive functioning.

The declaration of **World Meditation Day** comes at a time, when various regions of the world are witnessing conflicts and growing tensions. Meditation is rooted in ancient practices and stands out as an effective tool to achieve inner transformation and peace in the modern day.

It is in this context that the Permanent Mission of India proposes to host an afternoon with members of the core group, the wider UN and diplomatic corps, and Gurudev Sri Sri Ravi Shankar, the globally recognized Indian spiritual leader, humanitarian champion, and founder of the Art of Living Foundation, on the 20th December 2024 to mark the 1st World Meditation Day.
