



World's first Meditation Day: Sri Sri Ravi Shankar Calls Meditation "Mental Hygiene" at UN

Description

On December 6, 2024, the United Nations declared a resolution making December 21 the World Meditation Day. The event, attended by high-ranking UN officials, featured a guided meditation session for over 600 participants.



Sri Sri Ravi Shankar at the United Nations | Credits: Indian Express

Emphasising mental health, Spiritual leader Sri Sri Ravishankar said, meditation is not a luxury, but a necessity. He also called meditation "Mental Hygiene" and highlighted its importance when mental health is taking a toll on the world's population. "On one side, the young population is undergoing such aggression, On the other side, there is depression. Meditation helps us to be more centered," said Ravishankar at the UN.



World Record created by Saurabh Bothra on Meditation Day

On this first World Meditation Day, Saurabh Bothra, a certified Yoga instructor, made a World Record for the Largest Attendance in a Virtual Meditation Class through his YouTube live session. Some students and faculty also participated in the meditation programme in which 2,87,711 people participated simultaneously. Overall, this day was a celebration of embracing the power of meditation to stay calm mentally, physically, and emotionally.

â?? Written by Khyati Singh

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1. Across the Nation

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1. Meditation Day
2. Pondicherry
3. Pondicherry University
4. Sri Sri Ravi Shankar
5. World Meditation Day

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