



## 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.

– Written by Khyati Singh

### Category

1. Across the Nation

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