



General Assembly

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Agenda item 127

Global health and foreign policy

Resolution adopted by the General Assembly on 6 December 2024

[*without reference to a Main Committee (A/79/L.27)*]

79/137. World Meditation Day

The General Assembly,

Recalling the right of everyone to the enjoyment of the highest attainable standard of physical and mental health,

Reaffirming its resolution [70/1](#) of 25 September 2015, entitled “Transforming our world: the 2030 Agenda for Sustainable Development”, especially target 3.4 on promoting mental health and well-being,

Recalling its resolutions [68/98](#) of 11 December 2013 on global health and foreign policy and [77/300](#) of 26 June 2023 on mental health and psychosocial support,

Recalling also its resolutions [53/199](#) of 15 December 1998 and [61/185](#) of 20 December 2006 on the proclamation of international years and Economic and Social Council resolution [1980/67](#) of 25 July 1980 on international years and anniversaries,

Recalling further its resolution [69/131](#) of 11 December 2014 on the International Day of Yoga, and acknowledging the link between yoga and meditation as complementary approaches to health and well-being,

Reaffirming rule 62 of its rules of procedure on the invitation to silent prayer or meditation,

Affirming the importance, as a place for prayer and meditation, of the meditation room at United Nations Headquarters in New York,

Acknowledging the universality of meditation, practised in all regions of the world,

Recognizing that meditation can contribute to health and well-being,



Recognizing also that the wider dissemination of information about the benefits of meditation would be beneficial for the health and well-being of people around the world,

1. *Decides* to proclaim 21 December as World Meditation Day;
2. *Invites* all Member and observer States, the organizations of the United Nations system and other international and regional organizations, as well as civil society, including non-governmental organizations and individuals, to observe World Meditation Day, in an appropriate manner, in order to raise awareness of the benefits of meditation;
3. *Stresses* that the cost of all activities that may arise from the implementation of the present resolution should be met from voluntary contributions;
4. *Requests* the Secretary-General to bring the present resolution to the attention of all Member and observer States, the organizations of the United Nations system and other relevant stakeholders for appropriate observance.

*48th plenary meeting
6 December 2024*