

CONSULATE GENERAL OF INDIA
SHANGHAI

PRESS RELEASE

1st World Meditation Day

The United Nations General Assembly (UNGA) unanimously adopted the Resolution on declaration of 21 December as World Meditation Day on 6th December 2024. India was a member of the core group that guided the unanimous adoption of the Resolution alongwith Liechtenstein, Sri Lanka, Nepal, Mexico and Andorra.

The Consulate General of India in Shanghai celebrated the 1st World Meditation Day in association with the Shanghai chapter of Brahmakumaris on Saturday, 21st December 2024 . Sister Sapna, a senior Rajyoga teacher with Brahmakumaris led the session themed “Meditation: A Path to Happiness”.



The then Consul General Dr N. Nandakumar spoke about the importance of meditation and exhorted all the participants to practice meditation daily. Sister Sapna listed out the benefits of meditation whose advantages encompass not only at individual level but also spill over into healthy relationships and excellent work life balance devoid of stress and anxiety. Sister Sapna also led the participants in conducting an exercise which signified shedding off the baggage of anxiety and

worries and embracing a happy life. She also conducted a guided deep meditation exercise on the occasion.





Ms Rangashree T.K, Consul (Commerce) hosted the event as master of ceremony. The event received enthusiastic response from Indian diaspora members as well as local Chinese nationals.

21st January, 2025
Shanghai