Assembly Resolution No. 677

BY: M. of A. Sayegh

MEMORIALIZING Governor Kathy Hochul to proclaim December 21, 2025, as Meditation Day in the State of New York

WHEREAS, It is the practice of this Legislative Body to acknowledge and recognize aspects of life that affect the citizens of this great Empire State; and

WHEREAS, On December 6, 2024, the United Nations General Assembly declared December 21st as World Meditation Day; and

WHEREAS, Meditation's roots stretch back to ancient India; this age-old traditional yogic practice, called Dhyana in Sanskrit language, embodies the unity of mind, body, and well-being and involves focusing one's attention on the present moment with blissful state; and

WHEREAS, Today, meditation is embraced worldwide, transcending its spiritual origins to become a universal tool for personal well-being and mental health, and in the year 2025, is more popular than ever; and

WHEREAS, The most recognized definition of meditation generally describes it as a practice where an individual uses techniques, such as mindfulness, focused attention, or concentrated thought, to train the mind and achieve a state of mental clarity, emotional calmness, and physical relaxation; and

WHEREAS, Yoga and meditation were introduced to the United States in the 1890s when an Indian monk, Swami Vivekananda, wrote the book, "Raja Yoga," in New York City; and

WHEREAS, The World Health Organization (WHO) recognizes the significant benefits of meditation, particularly mindfulness meditation, which can be a powerful self-care tool to support treatment and enhance overall well-being, especially with managing symptoms of anxiety; and

WHEREAS, According to the National Center for Complementary and Integrative Health (NCCIH), part of the United States National Institutes of Health (NIH), research suggests that meditation is a mind and body practice that has a long history of use for increasing calmness and physical relaxation, improving psychological balance, coping with illness, and enhancing overall health and well-being; and

WHEREAS, Practicing meditation may reduce high blood pressure, symptoms of irritable bowel syndrome, stress, anxiety and depression, pain, symptoms of post-traumatic stress disorder (PTSD), substance use disorders, cancer, weight control and eating behavior, attention-deficit hyperactivity disorder (ADHD), and insomnia; and

WHEREAS, Meditation has the added benefits of helping both youth and adults significantly improve their quality of life by aiding them in

achieving calm, clarity, and balance; it can also help an individual quit smoking, improve focus and emotional balance, relieve menopause symptoms, and attain better physical health; and

WHEREAS, Beyond individual benefits, meditation fosters empathy, collaboration, and a sense of shared purpose, contributing to collective well-being; celebrated for its universality, meditation is practiced across all regions of the world by people of all ages, backgrounds, and lifestyles; and

WHEREAS, By fostering inner peace through meditation, individuals contribute to building a more resilient and sustainable world for current and future generations, and meditation offers a powerful means to cultivate peace, unity, and compassion; and

WHEREAS, Yoga and meditation have become a vital source of social interaction and social life, helping millions of people meet and get to know one another through common interests and encouragement toward a healthy lifestyle, through events, such as the World Yoga Festival and World Meditation Day Celebration, hosted by the World Yoga Community, Inc.; now, therefore, be it

RESOLVED, That this Legislative Body pause in its deliberations to memorialize Governor Kathy Hochul to proclaim December 21, 2025, as Meditation Day in the State of New York; and be it further

RESOLVED, That a copy of this Resolution, suitably engrossed, be transmitted to The Honorable Kathy Hochul, Governor of the State of New York.