

Senate Resolution No. 1096

**BY:** Senator RAMOS

**MEMORIALIZING** Governor Kathy Hochul to proclaim December 21, 2025, as World 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 World 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.