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**Gurudev Bhanu Sharma Brings
Nepal's Spiritual Legacy to the UN
for 2nd Annual World Meditation
Day**

New York – December 19, 2025

UNITED NATIONS, NEW YORK – An event commemorating The 2nd annual World Meditation Day was held today at the United Nations Headquarters, bridging Himalayan spiritual traditions with the modern global need for wellbeing and peace.

During the event, Nepali spiritual teachers Gurudev L P Bhanu Sharma and Gurudev Ramesh Prasad Nepal stressed that “This resolution,

cosponsored by nations across continents, declares that meditation and mindfulness continue to strengthen mental health and wellbeing worldwide. This is not just a symbolic gesture. This is a practical acknowledgment that inner stability strengthens outer peace.”

The event included a guided meditation led by Gurudev Sri Sri Ravi Shankar. The presentation highlighted the scientifically validated impact of meditation, yoga, and mindfulness as tools for stress reduction, emotional regulation, conscious leadership, and global harmony, reminding attendees to “Consider this simple truth: even brushing teeth daily requires consistent practice to become automated. Why expect leaders to suddenly embody peace at the negotiating table without daily discipline in meditation, wellness, and returning to our cell human roots not as members of any community but as humans first. Peacebuilding, like any great habit, must be practiced daily to become second nature.”

Today “Nepal comes before the United Nations to share and experience humanity’s rediscovery that peace is sustained by awakened minds as much as by agreements.” teaching us that “What these ancient traditions understood, and what modern practitioners now verify, is this: inside every human being, there is an energy field waiting to be awakened. This energy field is like a live current that lights up our body and mind. The immediate effect on accessing one’s own energy field is two-fold: peace inside and energy outside.”

Over 150 Nepalese representatives from across the United States gathered at the United Nations, with Nepali-Americans representing every U.S. state to support their gurus and to elevate the role of meditation in global policy and community wellbeing.

Prabha Bhattarai, President of PKP Tender Hearts attended the event and said “what an inspiring, historic moment today at the UN representing Nepal. We had the opportunity to discuss meditation and how we can channel it to better our mental and physical health. In today’s world, it is so important to know how to take care of yourself and today, I got to support and highlight exactly that.”

Nepal’s Spiritual Legacy

Nepal, a peaceful Himalayan nation, the birthplace of Buddha, and the home of rich spiritual heritage of over 10,000 years spanning the plains, hills and mountains, has for millennia served as a sanctuary for meditation, compassion, and inner awakening. Its living traditions of peace, deep introspection, and non-violent human development continue to shape global understanding of conscious living. This representation at the UN reinforces Nepal’s role as an emerging global hub for wellness, meditation, and consciousness education

Jeevan Vigyan Foundation

A sanctuary for seekers, Jeevan Vigyan Foundation was founded in 2011 in Kathmandu. It integrates meditation, yoga, psychology, and energy sciences into practical, experiential techniques accessible across cultures. Through their guidance, millions of people worldwide have benefited from teachings that cultivate awareness, inner balance, conscious decision-making, and holistic living. The Foundation has trained over 2,500 instructors across 80+ countries, and its digital programs reach more than 50 million individuals, demonstrating how timeless Himalayan practices can be adapted for modern life to enhance wellbeing, clarity, and resilience.

Today, Jeevan Vigyan continues this mission through its major offerings - including the Virat Chakra Vigyan, Self Awakening Program, national and international meditation events, and various community transformation initiatives.

Nepal’s Spiritual Heritage and Global Contribution

Nepal’s representation at this international event reflects its unique spiritual heritage and global contribution to meditation. Its long history of mindfulness and meditation, and centuries of sages practicing and sharing inner wisdom give Nepal a distinct authority in the field of spirituality and holistic well-being. Through Gurudev Bhanu Sharma’s session, Nepal demonstrates how meditation can nurture inner strength, compassion, and a balanced life, offering tools to individuals and communities worldwide to create peace, harmony, and resilience.

About the Awakening Project

Initiated by the Jeevan Vigyan Foundation, the Awakening Project provides a science based, experiential framework to awaken human potential and strengthen global peace building. This project will be highlighted during the World Meditation Day sessions at the United Nations, where Nepal demonstrates how meditation and mindful living cultivate inner strength, compassion, and resilience, guiding the world toward peaceful minds, compassionate societies, and conscious civilizations.

About PKP Tender Hearts Foundations

PKP Tender Hearts Foundations (“Tender Hearts”) is a grassroots not-for-profit organization dedicated to providing community advocacy, education and resource guidance, and one-to-one first response support services to individuals in need within the Nepalese-American community in the greater Washington D.C. metropolitan area. Tender Hearts recognizes the unique challenges faced by Nepalese-Americans in navigating various systems and accessing essential resources and remains committed to bridging these gaps to ensure their well-being and empowerment.