PRESS KIT

World Meditation Day · World Meditation Foundation

Updated 2 October 2026 · For media use

1. Latest press release

Title: Second AI and Mindfulness Symposium Held in Zurich

Subtitle: Light Up the World Global Campaign 2026 launches ahead of World Meditation Day on 21 December

Date: 30 September 2026, Zurich, Switzerland

The second AI and Mindfulness Symposium took place at ETH Zurich as part of Zurich AI Festival 2026. Organised by the World Meditation Foundation with ETH Zurich, the University of Zurich and Mindful Peace International, it brought together speakers from AI research, human rights, public health, mental health and meditation practice under the theme "AI + Meditation: Human Consciousness and the Science of Human–AI Interaction". The symposium also launched the Light Up the World Global Campaign 2026.

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2. Event photographs

High-resolution photographs from the symposium are in the "Photos" folder.

- **01 —** Opening session on human rights, wellbeing and contemplative practices, with a presentation on the UN Human Rights Office (OHCHR). Alumni Pavillon, ETH Zurich, 30 September 2026.
- **02 —** Panel on AI, Mindfulness and Planetary Health, chaired by Ruben Kranendonk (UZH.ai Hub), with Professors Jan Fehr, Christina Röcke and Claudia Witt.
- **03 —** Session on meditation and clinical research.

3. Logos

World Meditation Day and World Meditation Foundation logos are in the "Logos" folder (PNG/JPG for screen, PDF for print).

4. Vision and mission

Vision: "Meditation as a basic human lifestyle."

Mission: "To cultivate a thriving, inclusive global meditation ecosystem."

Tagline: "Uniting the World Through Meditation" — coming together to cultivate a thriving, inclusive global meditation ecosystem for world peace.

5. Light Up the World Global Campaign 2026

Launched at the second AI and Mindfulness Symposium on 30 September 2026, the campaign invites individuals and communities worldwide to meditate together on 21 March, 21 June, 21 September and 21 December each year. The gatherings focus on meditation worldwide, peace and compassion, scientific research, and safety and ethics in the age of AI.

Next gathering: 21 December 2026 — World Meditation Day — Alumni Pavillon, MM C 78.1, ETH Zurich, alongside a global synchronised meditation.

6. About World Meditation Day

On 6 December 2024, the United Nations General Assembly adopted Resolution A/RES/79/137, designating 21 December as World Meditation Day. The resolution was spearheaded by a core group of six countries —

Andorra, India, Liechtenstein, Mexico, Nepal and Sri Lanka — and co-sponsored by 71 countries. World Meditation Day aims to raise public awareness of meditation and its benefits for physical and mental health, and to encourage participation by individuals, communities and countries. 21 December marks the winter solstice in the Northern Hemisphere: a natural moment of renewal, reflection and returning light.

According to the World Meditation Day Committee, the initiative began with a conversation in October 2023 between Venerable Miaohai and Professor Elliott Ash about the role mindfulness could play in the coexistence of humans and AI. Several alumni of Shanghai Jiao Tong University subsequently joined the effort, and in February 2024, 45 co-initiators submitted a formal petition to the United Nations Secretary-General.

7. About World Meditation Foundation

The World Meditation Foundation is a non-profit charitable foundation registered in the Principality of Liechtenstein (Commercial Register no. FL-0002.730.406-2) and established on 23 September 2024. It supports World Meditation Day activities, research initiatives and community programmes. Its vision is to make meditation a fundamental part of everyday life.

8. Key facts

- 21 December — World Meditation Day, proclaimed by UN Resolution A/RES/79/137 (6 December 2024).
- 71 co-sponsoring countries, led by a core group of six: Andorra, India, Liechtenstein, Mexico, Nepal and Sri Lanka.
- World Meditation Foundation established in Liechtenstein on 23 September 2024.
- Second AI and Mindfulness Symposium: 30 September 2026, ETH Zurich, part of Zurich AI Festival 2026.
- Light Up the World gatherings: 21 March, 21 June, 21 September and 21 December each year.

9. Media contact

For interviews, event photographs or speaker information, please contact:

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World Meditation Day: www.un-worldmeditationday.org

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