

Resolution by the General Assembly in 2022

[without reference to a Main Committee (A/69/L.17 and Add.1)] 69/131.

RESOLUTION PROPOSED: SCIENCE BASED MIND BODY EDUCATION for PUBLIC EDUCATION

DESCRIPTION: Recommending non-mandatory Science-Based Mind Body Education to Public Education Worldwide. Recommending a daily Mind Body Education program [Kindergarten through 12th grade, taught in age appropriate ways] utilizing known science-based yoga, tai chi, meditation, mindfulness¹, and chi kung, as an 'elective' program, whereby students who wish could opt out of Mind Body Education, perhaps offered a study-hall option. To increase Public Education's effectiveness with students, and to lower current and future health costs, while optimizing student immunity. And encouraging teacher participation, as science shows it can reduce teacher burnout.

The General Assembly,

Recalling its resolutions 66/2 of 19 September 2011 on the Political Declaration of the High-level Meeting of the General Assembly on the Prevention and Control of Non-communicable Diseases² and 68/98 of 11 December 2013 on global health and foreign policy“ [titled: Transforming our world: the 2030 Agenda for Sustainable Development”]³, and recalling resolution A/RES/69/131 (Int'l Day of Yoga) “Recognizing also that wider dissemination of information about the benefits of practising yoga would be beneficial for the health of the world population...” and UNICEF says kids can practice many yoga poses without any risk and get the same benefits that adults do. These benefits include increased flexibility and fitness, mindfulness and relaxation.

Reaffirming General Assembly resolutions UN General Assembly A/HRC/41/L.26, “The right to education: follow-up to Human Rights Council” resolution 8/4⁴ [Reiterating the contribution that access to new information and communications technology, including the Internet, plays in facilitating the realization of the right to education and in promoting inclusive quality education,] in that **students worldwide not having access to the science-based consciousness technology offered in Mind Body Education [Yoga, Tai Chi, Meditation, Mindfulness, Chi Kung]— given science amassed in the last 30 years—is as or more hindering to student development as non-access to electronic technology.**

Noting the importance of individuals and populations making healthier choices and following lifestyle patterns that foster good health, and **noting science showing Mind Body Education can increase GRE Reading Scores⁵, Math Proficiency, IQ Scores^{6 7}, improved test scores⁸, illness reduction⁹, reducing obesity rates¹⁰, immunity optimization¹¹, ADD/ADHD reduction^{12 13}, reduced anxiety, depression, mood disturbance¹⁴, and increased empathy/compassion brain center size/function (reducing bullying),¹⁵**

Underscoring the fact that global health is a long-term development objective that requires closer international cooperation through the exchange of best practices aimed at building better individual lifestyles devoid of excesses of all kinds via a UN effort to educate Public Educators worldwide on Mind Body in Education science,

Recognizing that yoga, tai chi, meditation, mindfulness, and chi kung provide a holistic approach to health and well-being,

Recognizing also that wider dissemination of information about the benefits of practising yoga, tai chi, meditation, mindfulness, chi kung via a UN effort to educate public educators worldwide on the science of mind body benefits for public education students would be beneficial for the health of the world population,

1. Decides to proclaim Recommending Science-Based Mind Body Education science to Public Educators Worldwide [recommending daily Mind Body Education, research shows daily offers optimum benefits¹⁶], also research shows TM Meditation reduces teacher burnout.¹⁷;
2. Invites all Member and observer States, the organizations of the United Nations system and other international and regional organizations, to advocate Science-Based Mind Body Education [yoga, tai chi, meditation, mindfulness, chi kung] as a daily Mind Body Education option for Public Schools worldwide [non-mandatory for nations, schools, or students who choose not to];
3. Stresses that the cost of all activities that may arise from the implementation of the present resolution should be met from voluntary contributions;
4. Requests the Secretary-General to bring the present resolution to the attention of all Member and observer States and the organizations of the United Nations system.

1

Mindfulness-based interventions for adolescent health

aDivision of Adolescent/Young Adult Medicine and bAdolescent Substance Use and Addiction Program, Division of Developmental Medicine, Boston Children's Hospital, Harvard Medical School, Boston, USA

Correspondence to Jessica Lin, MD, Adolescent Medicine Fellow, Division of Adolescent/Young Adult Medicine, Boston Children's Hospital, Harvard Medical School, Boston, MA 02115, USA.

Tel: +1 617 355 7181; e-mail: Jessica.Lin2@childrens.harvard.edu

Curr Opin Pediatr 2019, 31:469–475

DOI:10.1097/MOP.0000000000000760

Summary

Although research in adolescents remains limited, mindfulness holds promise in the treatment of a range of health conditions in adolescents.

CONCLUSION

The application of mindfulness has been growing rapidly in the context of modern medical practice. Along with findings from studies in adults, the early research on the effectiveness of mindfulness in adolescents suggests that mindfulness can provide health benefits for a variety of adolescent health concerns. Structured 8-week mindfulness programs adapted for adolescents using principles from adult MBIs like MBSR or MBCT are feasible and can improve physical health, mental health, and quality of life [52]. MBIs delivered through telehealth or Internet/app-based platforms represent promising alternatives to in-person MBIs.

² Resolution adopted by the General Assembly, [without reference to a Main Committee (A/66/L.1)], 66/2. Political Declaration of the High-level Meeting of the General Assembly on the Prevention and Control of Non-communicable Diseases

https://www.who.int/nmh/events/un_ncd_summit2011/political_declaration_en.pdf

³ Global health and foreign policy: health employment and economic growth
https://www.who.int/hrh/com-heeg/UN_Resolution-on-COMHEEG-DEC2016.pdf

⁴ **A major resolution to advocate for stronger public education systems**

UN General Assembly A/HRC/41/L.26, "The right to education: follow-up to Human Rights Council Resolution" 8/4. Reiterating the contribution that access to new information and communications technology, including the Internet, plays in facilitating the realization of the right to education and in promoting inclusive quality education,

<https://documents-dds-ny.un.org/doc/UNDOC/LTD/G19/208/94/PDF/G1920894.pdf?OpenElement>

⁵ A study by Michael D. Mrazek (Department of Psychological and Brain Sciences, University of California, Santa Barbara); Michael S. Franklin; Darwa Tarchin Phillips; Benjamin Baird; and Jonathon W. Schooler, titled "Mindfulness Training Improves Working Memory Capacity and GRE Performance While Reducing Mind Wandering," published on Journals.sagepub.com in May 2013, reported that training in mindfulness reduced distracting thoughts and the wandering mind, and also improved GRE reading-comprehension scores and the capacity of working memory.

Mrazek, Michael D.; Franklin, Michael S.; Phillips, Darwa Tarchin; Baird, Benjamin; Schooler, Jonathon W.; Mindfulness Training Improves Working Memory Capacity and GRE Performance While Reducing Mind Wandering, Sage Journals, Journal of Psychological Science, May 10, 2013

<http://pss.sagepub.com/content/early/2013/03/27/0956797612459659.abstract>

⁶ The Mental Health Community's web report in 2012 titled "10 Telling Studies Done on Student Meditation" offered summaries of those studies' findings, which included **dramatic improvements in math and English proficiency for meditating over non-meditating students**; 50% reduction in ADHD symptoms; improved alertness and reduction in academic stress and self-doubt; reduced anti-social behavior and substance abuse; reduced absenteeism; increased happiness and self-esteem; actual changes in brain fibers in areas regulating emotions and behavior; and increased creativity and **intelligence levels**.

SOURCE: "10 Telling Studies Done on Student Meditation," Mental Health Community, March 27, 2012

⁷ Boost your IQ

Siegfried Othmer, former president of the neurofeedback division of the Association for Applied Psychophysiology and Biofeedback, conducted neurofeedback research on this topic. The results showed that participants who meditated showed an average gain in IQ of 23 percent. One of the reasons is that deep meditation slows down brain activity. With slower brainwaves, the brain increases its ability to reorganize itself.

<https://corporatefinanceinstitute.com/resources/elearning/meditation-boost-your-memory-and-iq/>

Siegfried Othmer, former president of the neurofeedback division of the Association for Applied Psychophysiology and Biofeedback, conducted neurofeedback research on participants using brainwave training (a specific form of meditation). **Those who meditated showed an average gain in IQ of 23 percent.**

-- Atlas Test Prep.com <http://atlastestprep.com/?p=6391>

⁸ Another study of April 9, 2013 titled "Meditating before lecture leads to better grades," from researchers at George Mason University and the University of Illinois, written by Tara Laskowski and published on ScienceDaily, involved college students. Some of them were instructed in meditation before listening to a lecture, while a control group did not meditate before the lecture. A quiz was given to both groups after the lecture, and those who meditated did better on the quiz than those who didn't.

Laskowski, Tara; Meditating before lecture leads to better grades, Science Daily; April 9, 2013,

<https://www.sciencedaily.com/releases/2013/04/130409131811.htm>

ORIGINAL PAPER:

Meditation in the Higher-Education Classroom: Meditation Training Improves Student Knowledge Retention during Lectures <https://link.springer.com/article/10.1007/s12671-013-0199-5>

⁹ Harvard Health Publishing's Caroline Schatz article mentioned above, also reported meditation's ability to bolster immune function and to end binge eating in practitioners. Other studies found mindful meditation reduced common colds by half, and Qigong (chi kung), a Chinese form of meditation, profoundly reduced respiratory infections in athletes. An October 2014 article published on power20method.com, "Meditation & Exercise May Reduce Colds & Flu," cited a University of Wisconsin-Madison Medical School's Department of Family Medicine study involving a meditating group, an exercising group, and a control group. They found that the group practicing exercise did miss half as many days from work as the non-exercising control group—however, the group practicing meditation only missed half as many days as the exercising group did.

Schatz, Caroline (former editor, Harvard Women's Health Watch); Mindfulness meditation improves connections in the brain, Harvard Health Publishing, Harvard Medical School, October 29, 2015

<http://www.health.harvard.edu/blog/mindfulness-meditation-improves-connections-in-the-brain-201104082253>

Meditation & Exercise May Reduce Colds & Flu, Power 20, October 7, 2014

<https://power20.co/meditation-exercise-may-reduce-colds-flu/>

Participants who had meditated missed 76 percent fewer days of work from September through May than did the control subjects. Those who had exercised missed 48 percent fewer days during this period. The severity of the colds and flus also differed between the two groups., SCIENTIFIC AMERICAN: November 1, 2012

<https://www.scientificamerican.com/article/meditate-that-cold-away/>

ORIGINAL PAPERS:

Advantage of meditation over exercise in reducing cold and flu illness is related to improved function and quality of life <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3582749/>

¹⁰ **Do Mindfulness Interventions Improve Obesity Rates in Children and Adolescents: A Review of the Evidence**

Terrah Keck-Kester 1, Lina Huerta-Saenz 2, Ryan Spotts 1, Laura Duda 1, Nazia Raja-Khan 3, Department of Pediatrics, Division of Academic General Pediatrics, Penn State, Milton S. Hershey Medical Center, Hershey, PA, USA; Department of Pediatrics, Division of Pediatric Endocrinology and Diabetes, Penn State, Milton S. Hershey Medical Center, Hershey, PA, USA; 3Department of Medicine, Division of Diabetes, Endocrinology, and Metabolism, Penn State Milton S. Hershey Medical Center, Hershey, Pa, USA

Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy downloaded from <https://www.dovepress.com/> on 19-Mar-2022

Conclusion

Mindfulness intervention studies in children are in their infancy, although they show promise. There have been a few studies that have shown positive results regarding stabilizing or decreasing BMI, but they are limited mostly to MBSR, Mindful Eating, and certain kinds of yoga. Other studies have shown more promise treating the psychologic and physiologic comorbidities associated with obesity, such as improvements in kinematics, decreasing rates of anxiety and depression, and improving blood cholesterol and glucose levels. Treating these comorbidities is integral to overall health and wellbeing of children with obesity. For this reason, mindfulness interventions are a reasonable addition to a holistic treatment plan of children with obesity.

¹¹ **MIND BODY'S EFFECT IN ELEVATING CD4+, T CELL COUNTS, AND ON IMMUNITY**

Mindfulness meditation training effects on CD4+ T lymphocytes in HIV-1 infected adults: A small randomized controlled trial These data are consistent with the possibility that mindfulness meditation training may have direct effects on CD4+ T lymphocyte distributions (e.g., via effects on haematopoiesis, T-cell redistribution dynamics, or T-cell turnover in lymphoid tissues) (McCune, 2001)

-- NIH.gov, August 11, 2009 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2725018/>

MEDITATIVE PRACTICE ENHANCED IMMUNE FUNCTION WITHOUT ACTIVATING INFLAMMATORY SIGNALS...

Large-scale genomic study reveals robust activation of the immune system following advanced Inner Engineering meditation retreat

-- PNAS, December 13, 2021 <https://www.pnas.org/doi/10.1073/pnas.2110455118>

TAI CHI BOOSTS BODY'S CD4+ PRODUCTION ...

Effect of Tai Chi Exercise on Immune Function in Middle-aged and Elderly Women

FINDING: Effect of Tai Chi Exercise on Immune Function in Middle-aged and Elderly Women. J Sports Med Dopng Stud 2:119. doi:10.4172/2161-0673.1000119Page 5 of 7Discussion • e human immune system demonstrates degenerative changes with advancing age [17], especially T cells which demonstrate prominent age-related alterations in distribution and function, such as declined number of circulating • cells, NKT cells, and DCs, decreased production of • 1 cytokines (IFN- γ) and increased production of • 2 cytokines (IL-4) with aging [2,4,3]. However, the findings of our present study demonstrated that after a 6-month TC exercise program, the percentages of CD4+ T lymphocytes, NK cells, NKT cells, and DCs, along with the CD4+:CD8+ ratio and cytokines IFN- γ and IL-4 producing T cells, significantly increased in middle-aged and elderly women

-- RESEARCH GATE, Volume 2 • Issue 6 • 1000119J Sports Med Dopng StudISSN: 2161-0673 JSMDs, an open access journal Citation: Liu J, Chen P, Wang R, Yuan Y, Li C (2012) RESEARCHGATE: November 2012

https://www.researchgate.net/publication/233856994_Effect_of_Tai_Chi_Exercise_on_Immune_Function_in_Middle-aged_and_Elderly_Women

Effect of Integrated Yoga (IY) on psychological states and CD4 counts of HIV-1 infected patients: A randomized controlled pilot study

Results: Within group comparison showed a significant reduction in depression scores (F [1, 21] =4.19, P < 0.05) and non-significant reduction in anxiety scores along with non significant increment in CD4 counts in the yoga group. In the control group, there was a non-significant increase in anxiety and depression scores and reduction in CD4 counts. Between-group comparison revealed a significant reduction in depression scores (F [1, 21] =5.64, P < 0.05) and significant increase in CD4 counts (F [1, 21] =5.35, P < 0.05) in the yoga group as compared to the control.

Conclusion: One month practice of IY may reduce depression and improve immunity in HIV-1 infected adults.

-- National Institutes of Health (NIH), January to June, 2016

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4728960/>

Meditation done at an intense level may bring a significant boost to the inner workings of your immune system.

The finding follows a blood sample analysis that took pre- and post-meditation snapshots of genetic activity among more than 100 men and women. That analysis suggested that meditation boosted the activity of hundreds of genes known to be directly involved in regulating immune response.

The result: Three months after the retreat's conclusion, Chandran and his colleagues found an uptick in activity involving 220 immune-related genes, including 68 genes engaged in so-called "interferon signaling."

-- WebMD, December 23, 2021 (HealthDay News, by Alan Mozes)

<https://www.webmd.com/balance/news/20211223/could-meditation-strengthen-your-immune-system>

Yoga into Cancer Care: A Review of the Evidence-based Research

An impaired immune system may facilitate tumor development.[178,181,182,183,184,185] Several studies have shown that yoga reduces stress, depression, and anxiety, changes cellular milieu by genomic alteration, and enhances cellular immunity.[186,187] It is therefore very likely that yoga could prevent tumorigenesis and progression and possibly help cure cancer. Interestingly, a number of case reports from Meares demonstrated that the practice of yoga/meditation was able to regress the growth of tumors.[188,189,190,191] The above findings

suggest that yoga may help prevent tumorigenesis and progression and ultimately cure cancer. Of course, well-designed studies are needed to examine this hypothesis.

-- National Institutes of Health, January to April, 2018

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5769195/>

¹² The Harvard Medical School Guide to Tai Chi, by Peter Wayne, Ph.D., in a section on 'cognitive function, neuroplasticity, and dementia', reported on a large trial finding that after 1 year a Tai Chi group showed greater improvements in cognitive performance than a group assigned to a stretching toning program, and fewer of the Tai Chi group progressed to dementia. This book reported that Tai Chi reduced symptoms in those with arthritis and fibromyalgia over control groups, and helped reduce stress, anxiety and depression, and reduced ADHD symptoms in teens and children, who showed better results with Tai Chi than in a typical gym class where symptoms worsened.

Wayne, Peter, Ph.D.; Cognitive Function, Neuroplasticity, and Dementia

The Harvard Medical School Guide to Tai Chi (pages 185-186); published by Shambhala, April 9, 2013, ISBN 9781590309421

The Mental Health Community's web report in 2012 titled "10 Telling Studies Done on Student Meditation" offered summaries of those studies' findings, which included dramatic improvements in math and English proficiency for meditating over non-meditating students; 50% reduction in ADHD symptoms; improved alertness and reduction in academic stress and self-doubt; reduced anti-social behavior and substance abuse; reduced absenteeism; increased happiness and self-esteem; actual changes in brain fibers in areas regulating emotions and behavior; and increased creativity and intelligence levels.

10 Telling Studies Done on Student Meditation, Mental Health Community, March 27, 2012

¹³ **Mind–Body Therapy for Children with Attention-Deficit/Hyperactivity Disorder, MDPI JOURNAL,**

Academic Editor: Hilary McClafferty Received: 30 November 2016; Accepted: 18 April 2017; Published: 25 April 2017

5. Conclusions

Potential benefits and mechanism of action of mind–body therapies have been evidenced through research and continue to be explored. Compared to pharmacological treatment, mind–body therapies have little to no unwanted side effects. There is little cost compared to clinical therapy since the only cost is for training or sessions that are typically conducted in groups. Activities such as yoga or Tai Chi can be practiced at home or school ... Mind–body training for parents has an added benefit to children's ADHD symptoms. Parents who practice mindfulness with parenting techniques report better outcomes in ADHD symptoms of their children [48].

¹⁴ **Study protocol for You.Mind!: boosting first-line mental health care for YOUNGSTERS suffering from chronic conditions with mindfulness: a randomised staggered within-subjects design**

-- BMJ; To cite: Kock M, Van Hoecke E, Raes F, et al. Study protocol for You.Mind!: boosting first-line mental health care for YOUNGSTERS suffering from chronic conditions with mindfulness: a

randomised staggered within-subjects design. *BMJ Open*

2021;11:e042648. doi:10.1136/

ABSTRACT

Introduction Adolescents with chronic conditions often experience high levels of stress, anxiety and depression, and reduced quality of life. Mindfulness-based interventions (MBIs) have been found to improve emotional distress in clinical and non-clinical populations and are a promising technique to support adolescents with chronic conditions in managing their symptoms and ultimately enhance their quality of life.

¹⁵ <https://globaltransformationproject.org/the-science-on-education>

¹⁶ Scientific discovery that twice-daily TM practice is much more powerful than just once a day

<https://tmadvblog.wordpress.com/2018/03/24/scientific-discovery-that-twice-daily-tm-practice-is-much-more-powerful-than-just-once-a-day/>

¹⁷ New study shows Transcendental Meditation reduces teacher burnout and improves resilience

-- EurekaAlert, March 4, 2021

<https://www.eurekaalert.org/news-releases/460508>