



Vice President Shri C. P. Radhakrishnan Highlights Meditation as Path to Inner Peace and Clarity at the Global Conference of Meditation Leaders in New Delhi

**Meditation is the starting point of Inner transformation: Vice
President**

**Better Minds Build a Better World: Vice President at Global
Meditation Conference**

**Meditation Can Help Combat Drug Addiction Among Youth:
Vice President**

Posted On: 05 APR 2026 12:12PM by PIB Delhi

Vice President Shri C. P. Radhakrishnan today addressed the Global Conference of Meditation Leaders - Meditation for Holistic Living and a Peaceful World at Bharat Mandapam. The conference was organised by the Pyramid Spiritual Societies Movement and the Buddha-CEO Quantum Foundation.

Vice President Shri C. P. Radhakrishnan graced the Global Conference of Meditation Leaders at Bharat Mandapam, highlighting meditation as a path to inner peace, clarity, and a more harmonious world.

The Vice President stated that “Meditation is for everyone,” emphasising its... [pi
c.twitter.com/XXw11IWUOI](https://c.twitter.com/XXw11IWUOI)

— Vice-President of India (@VPIndia) April 5, 2026

Congratulating the organisers, speakers, meditation masters, and participants, the Vice President lauded their dedication to promoting meditation as a path to holistic living and global peace.

Recalling the teachings of the revered Tamil sage Thirumoolar, Shri C. P. Radhakrishnan highlighted that meditation is akin to lighting an inner lamp that dispels ignorance and leads to truth and peace. He noted that Thirumoolar described the human body as a temple and meditation as the means to realise the Divine within.

Observing that the world today is grappling with multiple challenges, he remarked that conflict is not only external but also exists within individuals. In this context, he emphasised that meditation can play a transformative role by bringing peace, clarity, and a positive outlook, while fostering the ability to listen and understand others.

The Vice President underlined that the true power of meditation lies in transforming human beings. He noted that meditation helps reduce stress, improve focus, enhance emotional resilience, and address issues such as overthinking and overworking.

The Vice President cautioned against the relentless pursuit of material success at the cost of meaningful living, observing that while wealth should enable comfort, it should not overshadow life itself. He stressed that meditation enhances thinking and enables individuals to lead balanced and fulfilling lives. He also dispelled the notion that meditation is only for spiritual seekers, asserting that it is for everyone and can elevate ordinary individuals towards higher consciousness.

Referring to the vision of a developed India by 2047, he mentioned that along with economic growth, nurturing mental well-being is equally important. Meditation, he said, plays a vital role in cultivating inner calm, emotional balance, and clarity of thought, which are essential for a progressive nation.

Highlighting his long-standing commitment to combating drug abuse, the Vice President recalled his padyatra in 2004 aimed at drug eradication. Expressing concern over rising substance abuse, particularly among youth, he said that meditation can serve as a powerful tool in addressing addiction by helping individuals overcome stress, anxiety, and lack of direction.

Quoting philosopher Jiddu Krishnamurti, the Vice President said, “The ability to observe without evaluating is the highest form of intelligence.” He noted that meditation enables individuals to pause and observe their thoughts without judgment, leading to personal transformation. Such transformation, he added, fosters wiser individuals, harmonious communities, compassionate leadership, and more humane institutions.

Emphasising the need for inner transformation, the Vice President said that building a better world begins with cultivating a better and peaceful mind, and meditation is the starting point of that journey.

Former Director of CBI and CRPF Shri D.R. Kaarthikeyan, President and Spiritual Head of Paramarth Niketan Ashram, Rishikesh, Swami Chidanand Saraswati Ji, Chairman of Quantum Life University Dr. Newton Kondaveti, Founder of Buddha-CEO Quantum Foundation Shri Chandra Pulamarasetti, Chairman of Pyramid Spiritual Trust (Hyderabad) Shri Vijay Bhaskar Reddy, along with meditation leaders, policymakers, and scholars were present on the occasion.

PR/ASM/VM

(Release ID: 2249097) Visitor Counter : 523

Read this release in: Urdu , हिन्दी , Marathi , Bengali , Bengali-TR , Gujarati , Telugu